

# Germ-busting in Childcare Centres

## What are the germiest surfaces?

The surfaces that are most likely to spread germs are surfaces that are used by more than one person. These high-touch surfaces may include:



Play equipment



Sinks and taps



Light switches



Shared sleep mats



Changing tables



High chairs and eating tables



Bathroom seats and taps



Play tables (including sand and water tables)



Doorknobs and door handles



Shared items (toys, learning tools)

## Cleaning high-touch surfaces

Every childcare centre has surfaces that are touched by many children in a day. Bacteria, viruses, and other germs can live for days to months on these high-touch surfaces. Break the Chain of Infection and reduce the chance of spreading illness by cleaning and disinfecting high-touch surfaces at least once daily. More frequent cleaning and disinfection may be needed depending on the frequency of use and extent of soilage.

## What else can I do to prevent the spread of illness?

Simple ways to break a link in the Chain of Infection include:

- Staying home when you are unwell
- Practicing good hand hygiene
- Practicing appropriate respiratory etiquette

For more information, visit [www.nwhu.on.ca](http://www.nwhu.on.ca) or call your local NWHU office.

