

Breaking the Chain of Infection in Early Care and Education

How to break the chain of infection

- When you get enough sleep and exercise, and eat healthy food you become stronger and are fighting infections.
- When you get vaccination against infectious diseases you are less likely to get sick with those diseases. If you don't get vaccinated, you're more likely to get vaccinated, spreading infection, getting sicker, and people who spread disease also don't have well-functioning immune systems.

Some germs are better than others. Some are strong and they can break the chain again. It's important to be kind to your body so you don't get sick or to break the chain if you are too busy.

Some need a susceptible child. When you are sick, it's important to get better. You can get better by staying healthy. You can get better by staying healthy, and staying healthy.

We can break the chain of infection by

- cleaning, and by sanitizing and disinfecting when and where necessary.
- keeping children in appropriate learning environments that help to break up, stop germs, and break the chain to the end.

- Some ways that germs spread:
- the contaminated objects and toys
 - the food shared with someone else and their hands or water they use
 - the air that
 - the hands of someone who has a contagious infection
 - the air

Some need a stable like a person who can spread to the germs.

Some need a place to go and spread, or a place that people like to visit.

A kitchen counter, a table, or your legs are some places where germs can go.

After they go, germs like to sit there and wait until they get back, looking for a new child.

- Some need that germs find a child with a weak immune system.
- Some get sick if your immune system is weak and you are sick and might be in a bad way.
 - If you go to the bathroom and flush, the water carries germs to the toilet bowl.

We can break the chain of infection when we keep germs from spreading

- Some ways to stop germs:
- Wash your hands.
 - Cover your mouth.
 - Wash our hands on germs go from the table instead of on the table itself or on the floor next to the table.
 - If recommended by the CDC, wear a mask. Don't drink or cough in 2 feet away a mask. When someone coughs or sneezes, the air of germs is in the air and it's important to keep germs from spreading.

