IF THIS IS A PROPOSED (NEW SITE OR NEW OWNER) FACILITY, YOU MUST SUBMIT AN APPLICATION FOR LICENSURE PRIOR TO SUBMITTING THIS PROGRAM.

Instruction for completion: Health Programs

Health Program forms are to be used by Child Care Centers for the purpose of reporting the development of their written health program in compliance with the regulations for licensure. The health program must be completed in duplicate and approved prior to licensure or if there are any changes to the license that is listed under 470 IAC 3-4.7-84(c). The form incorporates the requirements of 470 IAC 3-4.7.84.

All items in the forms must be carefully studied and completed by the authorities responsible for the development of the health program. A number of attachments, which are identified in the health program forms, are required. The programs will be reviewed to determine compliance with licensing requirements.

Two (2) completed forms and two (2) sets of attachments (at least one form and one set of attachments must be original) shall be submitted to the Division of Family Resources, Bureau of Child Care, 402 West Washington Street, Room W361, Indianapolis, IN 46204.

If the health program is not in substantial compliance with regulations, both forms and attachments will be returned to the facility for corrections and resubmittal.

STATEMENT OR EXPLANATION REGARDING HEALTH CARE CONSULTANT ACTIVITIES

The health care consultant's responsibilities are to assist the Administrator or Director in developing the health policies and procedures and be available for telephone consultation as needed.

The health care consultant's liability is limited only to direct care and advice they may render.

The rendering of direct care by the health care consultant is not required by Regulations.

It is expected that all children in child care centers will continue to receive direct medical care from their family physician or clinic.

If health care of children is rendered by the health care consultant, it would be an arrangement between the health care consultant and the child care facility's administration.

A registered nurse approving a health program must have the following training: certification as an advance practice nurse with a maternal and/or pediatric specialty, or five (5) years documented experience in the infant and/or pediatric setting.

If the "First Aid Supply List" or the "Skin Care Procedure" contains any medications, only a health care consultant with prescriptive authority (MD, DO, NP) can authorize these forms.

HEALTH PROGRAM HELPS

Experiences with health programs indicate the most frequent reasons for not approving submitted health programs are:

- 1. The <u>lack</u> of the health care consultant's **ORIGINAL** signature and date on the first page.
- 2. The <u>lack</u> of the health care consultant's **ORIGINAL** signature and date on the written first aid directives.
- 3. The <u>lack</u> of the health care consultant's <u>ORIGINAL</u> signature and date on the first aid supply list if the list contains <u>any</u> type of medications (e.g. Mercurochrome, Bactine, Ointment, etc.). Your physician must indicate in writing on the list <u>why</u> you are to give it, <u>how often</u>, <u>how much</u> and the <u>date</u> and <u>sign</u> the list. The signature of the physician on the separate list constitutes a "written order".

If first aid supplies consist of only the usual soap, water and band-aids, just indicating it in the health program is adequate.

- 4. A sample of the form used for the children's health examination must be submitted. The form must include all of 470 IAC 3-4.7-86 requirements. (*A recommended health form is attached.*)
- 5. A sample of the form used for employees' and volunteers' health examination must be submitted. The form must include all of 470 IAC 3-4.7-85 requirements. (*A recommended health form is attached.*)
- 6. All adults counted in the child-staff ratio must have basic first aid training within six (6) months of employment. All adults counted in the child-staff ratio for <u>infants</u> or <u>toddlers</u> must have basic first aid training prior to giving care.
- 7. All medications must be in a locked container and inaccessible to children. The <u>only</u> exceptions are those medications requiring refrigeration as indicated on the <u>prescription</u> label. Medications not requiring refrigeration are <u>not</u> to be kept in the kitchen or bathrooms.
- 8. There are only two (2) types of medications which may <u>legally</u> be given by the child care employee: those medications in a <u>prescription container</u> specifically ordered by a physician for the individual child, and those medications for which you have a <u>written order from</u> a physician for the individual child.
- 9. If providing care for children under two (2) years of age, two (2) Supplement Health Programs for Infant/Toddler care must also be submitted.
- 10. One (1) copy of each of the required forms or policies must be attached to each health program.

The following have been included for your use:

- 1. Recommended Child Day Care Center Health Record form.
- 2. Recommended Adult Physician Examination Health Record form.
- 3. Suggested First Aid Directives (must be approved and signed by your physician).
- 4. Suggested Skin Care Procedures (must be completed, approved and signed by your physician).
- 5. Suggested First Aid Supply form
- 6. Medication Order form

Return completed forms to: MS02

Bureau of Child Care

Division of Family Resources 402 W. Washington St., Rm. W361

Indianapolis, IN 46204



HEALTH CARE PROGRAM FOR CHILD CARE CENTERS

State Form 45877 (R5 / 11-11)

				Date (month, day, year)		
Name of child care faci	lity					
Location				County		
City			ZIP code	Telephone number (with Area Code)		
Mailing address (if diffe	erent from above)					
Name of Director			Name of Owner			
Number of children lice	nsed for	Ages licensed for		Hours of operation From: To:		
				1011.		
Definite and sp	70 IAC 3-4.1-11 - HEALTH PRO ecific arrangements have be medical consultation will be	een made for a physician	to provide consultation	on and help maintain an adequate health		
	D. or D.O.) (print or type)			Telephone number (with Area Code)		
This physician /	nurse practitioner has cons	sented to serve as the co	nsulting health consu	Itant.		
Original Signature of Consulting Physician				Date signed (month, day, year)		
Arrangements have been made by the facility and the consulting health consultant to establish, maintain and review						
This health program is for a proposed facility.						
The position of the person who is designated to be in charge in the absence of the director, has knowledge of all regulations and is to						
communicate with state personnel is:						
Name of position An agreement has been established with the hospital which is located <u>closest</u> to the facility for the emergency admission of a child who has a life threatening illness or injury.						
Name of hospital	orning inness or injury.					
Address of hospital (nu	mber and street, city, state, and ZIF	code)				
OFOTION O	50 1 4 0 0 1 1 1 0 DDE 4 DANGE	NOVI USALTU BROOSBUR				
Physician's He A health examir	70 IAC 3-4.1-12 - PRE-ADMISS ealth Examination - Childrenation by a physician is required; and the examination include.	en iired for each child within		or to admission, but no later than one (1) month		
3. ☐ Yes ☐ No	Written statement by physic	ician or parent of immuni	zation history			
 4. ☐ Yes ☐ No Exceptions to any of the required immunizations will be permitted only with a physician's written certification. 5. ☐ Yes ☐ No A written statement by a physician that in the opinion of the physician, the child does not have a health condition that would be hazardous either to the child or to other children in the day nursery if this child participated in the nursery's program of activities 						
	ATTACH A COPY OF THE	FORM USED FOR THE	CHILD'S HEALTH EX	KAMINATION.		
6. ☐ Yes ☐ No				tions needed in the care of children who may convulsive disorders, hyperactivity, etc.)		
7. ☐ Yes ☐ No The child will be excluded if any of the above requirements are not met						

ATTACH A COPY OF THE FORM USED FOR THE CHILD'S HEALTH EXAMINATION

Periodic Health Examination
Periodic health examinations will be required as follows:
 8. Yes No Annually for children 2 years of age and younger. 9. Yes No More frequently if the child's general condition indicates. 10. Yes No When the child has a condition which is potentially hazardous to others. 11. Yes No If a child frequently requires separation from the group and special observation for fatigue, illness or emotional upset, a report will be available to parents or guardians; and they will be asked to take the child to a physician for evaluation.
SECTION 2 470 IAC 2 4 4 7 (a)/2) CHILDIS HEALTH DECORD
SECTION 3 470 IAC 3-4.1-7 (e)(2) - CHILD'S HEALTH RECORD
Health and medical records are current, on file in the licensed facility for each child and contain the following information:
12. ☐ Yes ☐ No The physician's written instructions regarding any special dietary or other special health care the child may need.
13. ☐ Yes ☐ No A record of all the medications and first aid given the child in the facility.
14. ☐ Yes ☐ No The record includes:
a. ☐ Yes ☐ No Prescription number or name of medication, amount, time and date given, name of prescribing physician and person who gave the medication.
b. ☐ Yes ☐ No Description of injury, date and time of first aid treatment and who gave the treatment.
c. ☐ Yes ☐ No That parents were notified of all accidents.
15. 🗆 Yes 🗀 No Record of absences due to illness or injury.
SECTION 4 470 IAC 3-4.1-8 - HEALTH EXAMINATIONS FOR PERSONS PERFORMING SERVICES
16. ☐ Yes ☐ No Children are excluded if physical exam and immuizations are not documented within 30 days. 17. ☐ Yes ☐ No Within 3 months prior to employment, employees shall be required to have a complete physical examination. 18. ☐ Yes ☐ No Mantoux tuberculin skin test date and results of the test. 19. ☐ Yes ☐ No Diagnostic chest X-ray if Mantoux test is positive.
20. ☐ Yes ☐ No No person will be allowed to perform any services in the nursery until above is completed.
ATTACH A COPY OF THE FORM USED FOR THE EMPLOYEES' HEALTH EXAMINATION. IT MUST PROVIDE AN AREA TO RECORD RESULTS OF MANTOUX TUBERCULIN TEST, HEALTH HISTORY, ALLERGIES AND CHRONIC HEALTH CONDITIONS.
21. Yes No Volunteers, substitutes, student aides and any other personnel having direct contact with the children or providing food service will have the same kind of examination as the employees.
22. 🗆 Yes 🗆 No Annual Mantoux tuberculin skin tests shall be required of all adults having direct contact with children, including food service personnel.
SECTION 5 470 IAC 3-4.1-11(a)(b) - CONTROL OF COMMUNICABLE DISEASES
23. \square Yes \square No Staff members and other persons with an illness shall not be permitted to have contact with children nor be permitted to work in a capacity where illness could be transmitted. Ill staff are excluded.
24. Yes No Children who are ill upon arrival to the facility shall not be admitted.
25. 🗆 Yes 🗆 No Children who become ill while in attendance will be isolated, kept under direct supervision and parents notified to take the child home.
26. ☐ Yes ☐ No The isolation room is not used for any other purpose by children while being used as isolation quarters. 27. ☐ Yes ☐ No The cot(s) and other furnishings of the isolation room can be easily sanitized. 28. ☐ Yes ☐ No Toilet and lavatory facilities are located within or near the isolation room
Where is the isolation room located?
29. Yes No Arrangements have been made to consult the physician or the local health officer for instructions regarding control measures when exposure to a disease has occurred in the child care center. These measures include the following:
a. Yes No Disinfection of toilet facilities, furnishings and toys or other articles used by the ill child.
b. ☐ Yes ☐ No Proper disposal of body discharges. c. ☐ Yes ☐ No The cot, facilities or articles that have been used by a child suspected of having a communicable disease, will not be used by any other person until properly disinfected or until it is established the child did not have a communicable disease.

SECTION 5 47	0 IAC 3-4.1-11(a)(b) - CONTROL OF COMMUNICABLE DISEASES (continued)
	(-/,-/
30. ☐ Yes ☐ No	Arrangements have been made to notify all parents and staff members when a child is known to have a communicable disease.
31. ☐ Yes ☐ No	Before readmission, the child care staff members will ascertain that the child does not have a condition which would prevent participation in center activities.
32. ☐ Yes ☐ No	If pets are kept, they will be nonvicious, free from disease and shall be immunized against rabies, if indicated.
33. ☐ Yes ☐ No	Animals will be housed in such a manner which prevents injury either to the children or the animals. Ferrets, turtles, reptiles, psittacine birds, or any wild animals will be prohibited.
SECTION 6 47	0 IAC 3-4.1-11(c) - CARE OF ILLNESS AND INJURY
	I A COPY OF THE PHYSICIAN'S WRITTEN DIRECTIVES WHICH THE PHYSICIAN HAS SIGNED AND DATED REGARDING FIRST AID TO BE GIVEN AT THE CENTER
There must be	directives for the treatment of hemorrhaging, choking, seizures, poisoning, artificial respiration. (If licensed for children
	f age, include directives for the treatment for shock in that age group)
	First aid directives are posted in every room occupied by children.
35. ∐ Yes ∐ No	First aid policies provide for: a. Yes No All persons counted in the child/staff ratio to have training in basic first aid within three (3) months of providing care and a refresher course every three years thereafter. (Infant and toddler staff must be trained upon employment)
	b. \square Yes \square No A telephone is provided within the facility and immediately available telephone numbers that include consulting physician, nearest emergency facility, ambulance service, local fire department, dentist and poison control.
	It is recommended that an individual emergency card be kept for each child. The card should include the parent(s) name and telephone number, name and telephone number of a responsible person to call if the parent(s) cannot be reached as well as the child's allergies, doctor, hospital preference and a brief medical history.
36. ☐ Yes ☐ No	The Red Cross First Aid Manual or its equivalent is available. a. Give title:
	b. List the first aid supplies the consulting physician has indicated you are to have on hand.
	c. If any medications such as aspirin, ointment, etc., are included in the first aid supplies, the consulting physician's original signature and date must be on the list, as well as why you should give the medication, how much, and how frequently. Where do you keep the supplies?
SECTION 7 47	0 IAC 3-4.1-11(2)(d) - MEDICATION
37. ☐ Yes ☐ No	The health policies include the giving or the application of medication, providing dietary supplements, making special variations in diets and carrying out special medical procedures for any child and will be done <u>only</u> on the <u>written order</u> or prescription from a physician.
	Individual prescriptions:
	a. ☐ Yes ☐ No Are kept in the original containers. b. ☐ Yes ☐ No Have the original pharmacy label showing prescription number or name of medication, date filled, physician's name, child's name and directions for use. (frequency and amount to be given)
38. ☐ Yes ☐ No	Over-the-counter medications or physician's sample medications have a physician's <u>written</u> order indicating child's name, name of medication, reason for giving, frequency of use, dosage to be given. (<i>The physician's original signature and date must appear on the written order</i>)
39. ☐ Yes ☐ No	All medications will be kept in a <u>locked</u> cabinet, drawer or box.
	Where is the locked cabinet, drawer or box for non-refrigerated medications located?
	(This location is not to be in the kitchen or bathroom)

SECTION 7 470 IAC 3-4.1-11(2)(d) - MEDICATION (continued)
40. ☐ Yes ☐ No Medication requiring refrigeration will be stored in a lidded, plastic container, marked "medication".
41. ☐ Yes ☐ No All medication given in the facility will be recorded when medication is given and by whom it is administered.
42. \square Yes \square No Unused portions of any child's prescription will be correctly disposed of or returned to the child's family.
SECTION 8 470 IAC 3-4.1-11(2)(e) - PERSONAL HYGIENE
43. \square Yes \square No The facility's schedule provides for supervised washing of hands and face before meals and after using the toilet.
44. ☐ Yes ☐ No Soap is provided at every handwashing sink.
45. ☐ Yes ☐ No Disposable towels are used and are provided in a dispenser at every handwashing sink.
46. ☐ Yes ☐ No Toilet paper is provided in a dispenser at every toilet.
47. \square Yes \square No If toothbrushes are used, they are stored separately from one another and in a sanitary manner.
SECTION 9 470 IAC 3-4.1-11(2) - GENERAL SAFETY
48. ☐ Yes ☐ No All equipment, materials and furnishings whether for indoor or outdoor use, are sturdy, clean and in a safe condition.
49. ☐ Yes ☐ No All cleaning supplies and hazardous articles are inaccessible to children.
50. ☐ Yes ☐ No All poisons, chemicals and items labeled "Fatal if Swallowed" are in locked storage.
SECTION 10 470 IAC 3-4.1-15 - DISASTER SAFETY
51. ☐ Yes ☐ No Written, posted procedures for disaster evacuations and shelter within the buildings are posted in all child care areas.
SECTION 11 470 IAC 3-4.1-14(a) - SPACE
52. ☐ Yes ☐ No Clothes-hanging hooks are provided for each child and are spaced far enough apart so that one child's clothing does
52. Yes No Clothes-hanging hooks are provided for each child and are spaced far enough apart so that one child's clothing does not touch that of another child. (Hats and collars, hoods and shoulder area of coats must not touch)
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SECTION 13 470 IAC 3-4.1-7(d) - SMOKING					
60. ☐ Yes ☐ No Smoking is prohibited in the kitchen, in the presence of children and in areas wh	nich will be occupied by children.				
SECTION 14 470 IAC 3-4.1-9-2(c) - TWO YEAR OLDS WHO ARE NOT TOILET TRAINED					
3ECTION 14 470 IAC 3-4.1-9-2(c) - TWO TEAR OLDS WHO ARE NOT TOILET TRAINED					
61. Yes No We accept two year old children who are in diapers. The diaper changing table consists of: a. Yes No Soft washable (plastic covered) pad b. Yes No A sanitizable table c. Yes No Clean waterproof, disposable paper which covers the entire	pad and is discarded after each use.				
 62. ☐ Yes ☐ No The diaper changing pad is sanitized when it becomes soiled and at the end of the day. 63. ☐ Yes ☐ No Time of bowel movements is entered on a daily chart. 64. ☐ Yes ☐ No The consulting physician has approved a skin cleansing procedure. 					
ATTACH A COPY OF THE SKIN CLEANSING PROCEDURE THAT CONTAINS THE HEALTH CARE CONSULTANT'S ORIGINAL SIGNATURE AND DATE					
65. ☐ Yes ☐ No Caregivers wash their hands before and after diapering children. 66. ☐ Yes ☐ No Soiled diapers shall be kept in a plastic bag in a tightly covered, sanitary contain 67. ☐ Yes ☐ No A supply of diapers shall be available at all times, stored off the floor, and inacce					
HAVE YOU ATTACHED ONE (1) COPY OF THE FOLLOWING TO EACH PROGRAM?					
The form used for the child's health examination.					
The first aid directives for the care of ill or injured children that have been signed and dated by the supervising physician. These procedures must itemize the care for seizures, choking, hemorrhage, poisoning and artificial respiration (and shock if licensed for children under 2 years of age).					
The form used for the employee health examination.					
Health care consultant's signed and dated skin cleansing procedures for diapered 2 year olds	s.				
Signature of: (check one) Owner President of Board of Director Director	Date signed (month, day, year)				

BUREAU OF CHILD CARE DIVISION OF FAMILY RESOURCES

То	cleanse baby's skin after urination and / or bowel movement.						
	insure comfort to baby.						
То	prevent diaper rash.						
Waterproof paper (<i>wax paper</i>) *							
	ap for cleaning after bowel movement						
Pap	per towel for drying only						
Dia	per						
Tigl	htly covered sanitary waste containers, lined with plastic (one for soiled diapers and one for washcloths).						
Dis	posable gloves						
Sar	nitizing solution (1% bleach solution or its equivalent).						
1.	Wash hands with soap and warm water and dry with disposable paper towel.						
2.	Gather equipment and put on diapering area.						
3.	Spread wax paper on changing table. Cover entire length and width of pad.						
4.	Pick up baby and place on diapering table.						
5.	Put on gloves (if blood is present, medical disposable gloves must be worn.)						
6.	Release diaper.						
7.	Using ankle hold to insure safety, remove soiled diaper.						
8.	Place soiled diaper on wax paper or into plastic bag.						
9.	Gently wash baby's bottom with * downward cleansing, and dry with towel. Avoid hard rubbing. Baby's skin is very sensitive.						
	 To cleanse girls, spread labia apart gently, wash and dry between skin folds (cleaning downward only - cleaning cloth must not touch vaginal area if it has touched rectal area). 						
	● To cleanse boys, merely wash and dry. In uncircumcised boy, never attempt to pull back the foreskin.						
	 Use soap and rinse well if child had bowel movement. 						
10.	Remove gloves.						
11.	Put diaper on child.						
12.	Wash child's hands.						
13.	Take child to safe area.						
14.	If blood is present on diaper table, put medical gloves on.						
15.	Discard soiled diaper, washcloth and towel, and wax paper into tightly covered sanitary waste container lined with plastic bag.						
16.	Sanitize diaper changing pad and table if soiled after a diaper change or at least daily.						
17.	Remove gloves and discard in covered container.						
18.	Wash hands with soap and warm water and dry with disposable paper towel.						
19.	Record on child's record and note any unusual observations such as rash, loose bowel movement, bleeding, etc.						
	tate what you will use for skin cleansing (i.e., disposable wipe, terry washcloth, etc.). urse practitioner Date signed (month, day, year)						
	To i Wa Soa Par Dia Tigl Dis Sar 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. * \$						



HEALTH CARE PROGRAM FOR CHILD CARE CENTERS CHILD CARE CENTER HEALTH RECORD State Form 49969 (R3 / 11-11)

BUREAU OF CHILD CARE DIVISION OF FAMILY RESOURCES

Name of child (last, first)		Date of birth (month, day, year)	Date of admission (month, day, year)
Address (number and street, city, state, and ZIP code)			
Child lives with (relationship)	Name		Telephone number

Ciliu lives with (relationship)	Name		()			
			()			
	ME	DICAL HISTORY				
Communicable Disease	Month / Year	Condition	Explain if present			
Measles Measles	Month / Tear	Allergies:	Explain ii present			
Rubella (German Measles)		Allergies.				
Chickenpox		Handicapping conditions:				
Mumps		Transleapping conditions.				
Scarlet Fever		Other:				
Whooping Cough		Other.				
Other:						
Other.		I				
	DHASIL	CAL EXAMINATION				
Date of exam (month, day, year)	FIIISK	Age of child				
bate of exam (month, day, year)		190 - 1111				
Skin		Heart				
Lymphnodes		Lungs				
Eyes		Abdomen				
Ears		Genitalia				
Nasopharynx		Skeleton				
Teeth and Mouth		Other:				
Note any unusual findings:						
			result of participation in normal activities (including			
sports)?	what modification of normal activities	would be necessary to protect the child and	I the child's classmates:			
Have you prescribed any medications or spec	ial routines which should be included	in the center's plans for this child's activities	? Explain:			
☐ Yes ☐ No						

1 2 3 4 5 DTaP / DT 1 2 3 4 Hib 1 2 3 4 Figure 1 2 3 4 5 IPV (Polio) 1 2 3 4 5 Influenza (Flu) 1 2 Measles Mumps Rubella (MMR)
1 2 3 4 Hib 1 2 3 4 5 IPV (Polio) 1 2 3 4 5 Influenza (Flu)
1 2 3 4 Hib 1 2 3 4 5 IPV (Polio) 1 2 3 4 5 Influenza (Flu)
1 2 3 4 5 IPV (Polio) 1 2 3 4 5 Influenza (Flu) 1 2
1 2 3 4 5 IPV (Polio) 1 2 3 4 5 Influenza (Flu) 1 2
1 2 3 4 5 Influenza (Flu) 1 2
1 2 3 4 5 Influenza (Flu) 1 2
1 2 3 4 5 Influenza (Flu)
Influenza (Flu)
Influenza (Flu)
12
Measles Mumps Rubella (MMR)
1 2 3
Rotavirus (RGE)
1 2
Varicella (Varivax) or Chicken Pox Disease Month / year
(10.110.1)
1 2 3 4
Pneumococcal (PCV) (Prevnar)
(**************************************
1 2
HEPA
1 2 3
HBV (HEP B)
* Recommended yearly.
ame of physician / nurse practitioner completing form (please print)
ignature of physician / nurse practitioner



BUREAU OF CHILD CARE DIVISION OF FAMILY RESOURCES

Name						Date of birth (month, day, year)
Address (number and street, city, state, and ZIP code)							
MEDICAL HISTORY							
I. List past hospitaliza	tions / operations / accide	ents:					
II. Communicable dise							
Measles	Month / year	☐ Scarlet	Fever	Month / year	Rubella (German	Measles)	Month / year
☐ Chicken Pox	Month / year	☐ Mumps	5	Month / year	☐ Whooping Cough		Month / year
Other:							Month / year
III. Conditions (Please	explain if present):						
Allergies:							
Chronic health conditions	:						
Use of any drugs / medic	ation:						
Why?							
				YSICAL EXAMINATION			
I. Mantoux TB skin tes	st *			ı, day, year)	Result (in mm)		
Chest X-ray, if above	skin test is positive?	Da	ate (<i>month</i>	ı, day, year)	Result		
Other laboratory test a	as ordered by physician:						
II. Does this person hin normal activities (in	ave any health condition ncluding sports)?	that would be	e hazard	ous to the person or to	the children in a group	setting as a re	esult of participation
☐ No ☐ Yes							
If Yes, what modifications of normal activities are necessary?							
III. Have you prescribed any medications and / or special routines (such as diet) which should be included in planning this person's activities?							
□ No □ Yes							
Explain:							
Date of exam (month, day, year) Signature of physician / nurse practitioner							

^{*} Annual testing for tuberculosis is required.

HEALTH CARE PROGRAM FOR CHILD CARE CENTERS SUGGESTED FIRST AID DIRECTIVES

Part of State Form 45877 (R5 / 11-11)

BUREAU OF CHILD CARE DIVISION OF FAMILY RESOURCES

CHOKING

(Conscious, ages 1 and above) - Stand or kneel behind child with your arms around his waist and make a fist. Place thumb side of fist in the middle of abdomen just above the navel. With moderate pressure, use your other hand to press fist into child's abdomen with five (5) quick, upward thrusts. Keep your elbows out and away from child. Repeat thrusts until obstruction is cleared or child begins to cough or becomes unconscious.

(Unconscious) - Contact 911 and/or emergency services immediately and begin CPR.

(Conscious Infants) - Have someone call 911 or, if you are alone, call 911 as soon as possible. Support infant's head and neck. Turn infant face down on your forearm. Lower your forearm onto your thigh. Give five (5) back blows forcefully between infant's shoulder blades with heel of hand. Turn infant onto back. Place middle and index fingers on breastbone between nipple line and end of breastbone. Quickly give at least five (5) chest thrusts by compressing the breastbone one-half to one inch with each thrust. Repeat backblows and chest thrusts until object is coughed up, infant starts to cry, cough, and breathe, or medical personnel arrives and takes over.

(Unconscious Infants) - Contact 911 and/or emergency services immediately and begin CPR.

POISONING

Call Poison Control Center (1-800-222-1222) immediately! Have the poison container handy for reference when talking to the center. Do not induce vomiting or give anything by mouth. Check the child's airway, breathing and circulation.

HEMORRHAGING

Use a protective barrier between you and the child (gloves). Then, with a clean pad, apply firm continuous pressure to the bleeding site. Do not move or change pads, but you may place additional pads on top of the original one. If bleeding persists, call a doctor or an ambulance. Open wounds may require a tetanus shot

SEIZURE

Clear the area around the child of hard or sharp objects. Loosen tight clothing around the neck. Do not restrain the child. Do not force fingers or objects into the child's mouth. After the seizure is over and if the child is not experiencing breathing difficulties, lay him on his side until he regains consciousness or until he can be seen by emergency medical personnel. After the seizure, allow the child to rest. Notify parents immediately. If child is experiencing breathing difficulty, or if seizure is lasting longer than 5 minutes, call an ambulance at once.

ARTIFICIAL RESPIRATION (Rescue Breathing)

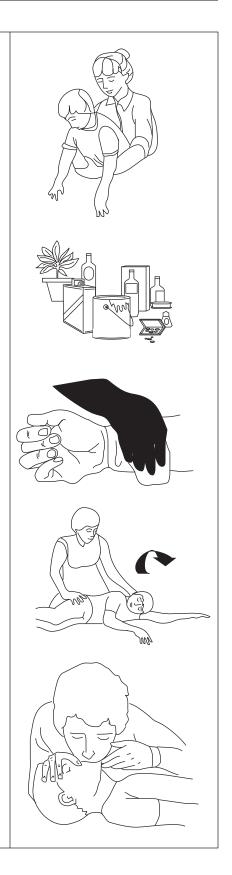
Position child on the back; if not breathing, open airway by gently tilting the head back and lifting chin. Look, listen, and feel for breathing. If still not breathing, keep head tilted back and pinch nose shut. Give two regular breaths, and then one regular breath every 4 seconds thereafter. Continue for one minute; then look, listen, and feel for the return of breathing. Continue rescue breathing until medical help arrives or breathing resumes.

* If using one-way pulmonary resuscitation device, be sure your mouth and child's mouth are sealed around the device.

(Modification for infants only) - Proceed as above, but place your mouth over nose and mouth of the infant. Give light puffs every 3 seconds.

SHOCK

If skin is cold and clammy, as well as face pale or child has nausea or vomiting, or shallow breathing, call for emergency help. Keep the child lying down. Elevate the feet if there are no leg injuries or pain.



FIRST AID SUPPLY LIST

Part of State Form 45877 (R5 / 11-11)

Mild soap

BUREAU OF CHILD CARE DIVISION OF FAMILY RESOURCES

INSTRUCTIONS: Post with stored medication and supplies.

	MPLE Tylenol (acetaminophen) - give as directed on bottle every four (4) hours for fever 101° F or higher or for pain. Robitussin - for cough (Give according to directions on bottle.) dedication or ointments are included, form does not need to be signed. Date (month, day, year)
1. 2.	Tylenol (acetaminophen) - give as directed on bottle every four (4) hours for fever 101° F or higher or for pain. Robitussin - for cough (Give according to directions on bottle.)
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EXAN	лРLE
item lis	sted.) *
Medica	ations, ointments only as follows: (include name of medicine or skin product, dosage, frequency of use and reason to use for each
Scisso Flashli	prs
Hydro	gen Peroxide
Alcoho	
	(Keep in locked cabinet)
0110 11	vay bulmonary resuscitation device (artificial resoltation mask)
1% ble One-w	each vay pulmonary resuscitation device (<i>artificial respiration mask</i>)
Medica 1% ble	



All medications, medicinal products, physician's sample medications, and medicinal skin care products given or used at a child care center must include the exact name of medication, dosage to be given, time to be given and reason for use. (<u>If used for fever, the degree of temperature must be stated.</u>) A physician's order is valid for one year.

1. Name of child	ld Exact name of medication			
Dosage to be given	Time to be given (frequency)			
Reason for use:				
Signature of physician / nurse practitioner		Determent description		
		Date (month, day, year)		
2. Name of child	Exact name of medication			
Dosage to be given	be given Time to be given (frequency)			
Reason for use:				
Signature of physician / nurse practitioner		Date (month, day, year)		
3. Name of child	Exact name of medication			
Dosage to be given	Time to be given (frequency)			
Reason for use:				
Signature of physician / nurse practitioner		Date (month, day, year)		
4. Name of child	Exact name of medication	ı		
Dosage to be given	Time to be given (frequency)			
Reason for use:				
Signature of physician / nurse practitioner		Date (month, day, year)		
5. Name of child	Exact name of medication			
Dosage to be given	Time to be given (frequency)			
Reason for use:				
Signature of physician / nurse practitioner		Date (month, day, year)		
		1		