

VIRAL MENINGITIS

PREVENTING THE SPREAD OF ILLNESS BETWEEN CHILDREN, AND IN CHILD-CARE FACILITIES

● WASH HANDS CAREFULLY

Caregivers and children should wash their hands thoroughly with soap for **at least 20 seconds** using warm, running water. Caregivers should supervise children's handwashing.

Always wash hands at the following times:

- After every diaper change. If gloves are worn, remove after every diaper change, then wash hands.
- After toilet use or after helping a child use the toilet.
- Before and after eating meals or snacks.
- Before any food preparation, handling, or serving (including setting the table).
- After coughing, sneezing, or blowing nose.



To learn more, visit Viral Meningitis at www.cdc.gov.

6/20/23



LIVE WELL
SAN DIEGO



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● CLEAN TOYS AND OTHER OBJECTS CHILDREN USE

Use an effective disinfectant to clean surfaces and other items such as toys.

- Each day clean and disinfect all frequently touched toys in rooms where infants and toddlers are cared for.
- Each day clean and disinfect thermometers and other shareable objects between uses by different children.
- Do not use soft, non-washable toys in the infant/toddler areas unless they are personal articles that are not shared between children.



You can make a cleaning solution from 1/4 cup household liquid chlorine bleach added to 1 gallon of tap water.

Prepare a fresh solution daily.

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