

## Extend Your Learning Resources

### Hand washing

#### **Centers for Disease Control and Prevention- How to Wash your Hands:**

- This is the main landing page related to handwashing, where you can access all of the CDC's information related to the "why, what, and how" of handwashing: <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- Watch a 30 second video showing you how to wash your hands: <https://www.cdc.gov/cdctv/healthyliving/hygiene/wash-your-hands.html>
- Watch a 3-minute video thoroughly describing the recommended handwashing procedure. The video is available in English and Spanish: <https://www.cdc.gov/cdctv/healthyliving/hygiene/fight-germs-wash-hands.html>
- Print your own "I washed my hands!" stickers using printable labels and this colorful, downloadable template: <https://www.cdc.gov/handwashing/stickers.html>
- Printable color posters are available for free download here: <https://www.cdc.gov/handwashing/posters.html>

### Illness and Medication

#### **American Academy of Pediatrics- Managing Infectious Diseases Participant's**

**Manual:** Download the PDF PowerPoint handouts and materials for the Curriculum for Managing Infectious Diseases in Early Education and Child Care Settings. It is a robust series covering the understanding, preventing, and management of infectious diseases in child care settings: <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/ID-Participant-Manual.aspx>

**HealthyChildren.org- Medication Safety:** This landing page allows you to access dozens of articles related to medication safety practices. Articles are in English and Spanish and are great resources to share with parents:

<https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/default.aspx>

**U.S. Food & Drug Administration- Safe Disposal of Medicines:** This site walks through the "how, where, and why" of disposing of unused medications safely:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-child-care/Pages/ID-Participant-Manual.aspx>

**Safe Kids Worldwide- Medication Safety:** This site is full of resources, data, and infographics about safe storage and administration of medication, all with the goal of keeping young children safe. Information is in English and Spanish:

<https://www.safekids.org/medicinesafety>

***The Golden Rules for Healthy Programs – Understanding Medication, Illness, and Handwashing***

**Washington State Department of Health- Disease Outbreak Reporting:** This link takes you to a downloadable PDF with the reporting numbers for all local health jurisdictions in the state of Washington:

<https://www.doh.wa.gov/Portals/1/Documents/1200/LHJCommunicableDiseaseReporting.pdf>

**Washington State Poison Center:**

- This link takes you to the home page for the Washington Poison Center: <https://www.wapc.org/>
- This link helps you locate by city or zip code locations where unused medicine can be safely returned: <http://www.takebackyourmeds.org/>
- Calls to the Poison Control Center are free and confidential; all questions are answered by experts available 24 hours a day, every day of the year. The toll-free helpline is: **1-800-222-1222**