



Volume 8 Issue 4

Health and Safety Information for Child Care Providers

April 2018

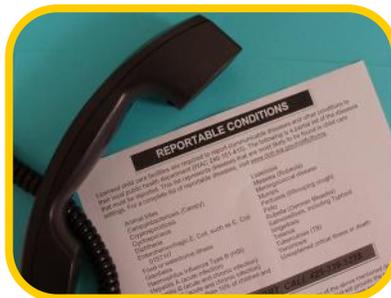
## Responding to Illnesses in Child Cares

Whether a parent has just asked if their child with Fifth's Disease can come to care today or a child spiked a fever after their nap, child care providers must be prepared to deal with illnesses. Germs are common and can spread rapidly in child care settings. Some illnesses are mild making exclusion from child care unnecessary. Sometimes exclusion may not reduce the spread of illness. In other cases, the diseases are much more serious in nature.



The Snohomish Health District Child Care Health Outreach program is available by phone, email, or to come out to your program to help you respond to illnesses and work with families. We can assist you by:

- **advising on when a child should be excluded from group care**
- **providing sample notification letters for specific illnesses**
- **answering questions about medications**
- **deciding when a child or staff member can return after an illness**
- **supporting and educating staff and families during a communicable disease outbreak**



Some illnesses are of public health importance and child care providers must report cases to the local health department. It is critical that these "reportable" or "notifiable" illnesses be identified and stopped as quickly as possible to protect other children, staff, family members, and the public.

A partial list of illnesses that must be reported to the local health department can be found on the back side of this newsletter. When you report one of these illnesses, you will receive support from the Snohomish Health District that includes proper notification for families, guidance to ensure children are excluded for the right amount of time, and useful information to help prevent further spread.

**Have you ever heard of Campylobacter or wondered what Hib is? Do you want to learn how to prevent these and other illnesses in your child care?**

**Take our April distance learning class**

**"Preventing Reportable Diseases." Available on our website.**

<http://www.snohd.org/Children-Family/Child-Care-Providers/Training-for-Child-Care>



**SNOHOMISH  
HEALTH DISTRICT**  
WWW.SNOHD.ORG

### Call or Email Us!

Main phone line

**425.252.5415**

*New Phone  
Number!*

Main email address

**childcarehealth@snohd.org**

Public Health Nurse

Bonnie Decker

**bdecker@snohd.org**

Environmental Health Specialist

Micha Horn

**mhorn@snohd.org**

Behavioral Health Specialist

Alexandria Deas

**adeas@snohd.org**

Registered Dietitian, Nutritionist

Katy Levenhagen

**klevenhagen@snohd.org**

Healthy Communities Specialist

Carrie Parker

**cparker@snohd.org**

### Child Care Health Outreach Program

3020 Rucker Avenue, Suite 104

Everett, WA 98201

425.252.5415

[www.snohd.org](http://www.snohd.org)

# Reportable Illnesses for Early Learning Facilities

The following is a **partial** list of reportable diseases that may be seen in child care and early learning settings. You must report all instances of these illnesses in children or staff members to your local health department.

## Diseases Preventable by Vaccination

<ul style="list-style-type: none"> <li>✦ Diphtheria</li> <li>✦ <i>Haemophilus influenzae</i> type B (HIB)</li> <li>✦ Hepatitis A (acute) or B (acute or initial diagnosis of chronic)</li> </ul>	<ul style="list-style-type: none"> <li>✦ Measles (rubeola)</li> <li>✦ Mumps</li> <li>✦ Pertussis (whooping cough)</li> <li>✦ Meningococcal disease</li> </ul>	<ul style="list-style-type: none"> <li>✦ Poliomyelitis (polio)</li> <li>✦ Tetanus</li> <li>✦ Rubella (German measles)</li> </ul>
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## Illnesses Causing Severe Symptoms

<ul style="list-style-type: none"> <li>✦ Campylobacteriosis</li> <li>✦ Cryptosporidiosis</li> <li>✦ Cyclosporiasis</li> <li>✦ Giardiasis</li> </ul>	<ul style="list-style-type: none"> <li>✦ Hepatitis C or unspecified</li> <li>✦ Listeriosis</li> <li>✦ Psittacosis</li> <li>✦ Salmonellosis</li> <li>✦ Shiga Toxin Producing E. coli (STEC), such as E. coli O157:H7</li> </ul>	<ul style="list-style-type: none"> <li>✦ Shigellosis</li> <li>✦ Tuberculosis (TB)</li> <li>✦ Typhoid Fever</li> <li>✦ Vibriosis</li> <li>✦ Yersiniosis</li> </ul>
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## Other Reportable Conditions

<ul style="list-style-type: none"> <li>✦ Animal bites</li> <li>✦ Influenza (if more than 10% are sick)</li> </ul>	<ul style="list-style-type: none"> <li>✦ Suspected clusters of food-borne or waterborne illnesses</li> </ul>	<ul style="list-style-type: none"> <li>✦ Unexplained critical illness or death</li> </ul>
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**To Report an Illness or Condition Call: 425.339.5278**

For a complete list, please visit the Washington State Department of Health website at:

<https://www.doh.wa.gov/ForPublicHealthandHealthcareProviders/NotifiableConditions/ListofNotifiableConditions>

## Protect Yourself — Build Up Your Immune System

This month's distance learning class "Preventing Reportable Illness" outlines many ways to keep children and ourselves from passing around contagious germs that make us sick. Strengthening our immune system also helps to prevent illness. Eating well, staying active, and sleeping enough improves the efficiency of our immune system and helps shield us from infection and disease.



**To bolster YOUR immune system, strive to follow a few simple guidelines every day:**

- Eat 7 – 9 servings of fruits and vegetables
- Be physically active for at least 30 minutes
- Get at least 8 hours of sound sleep



For more information about nutrition and physical activity, contact our program nutritionist, Katy Levenhagen, at [childcarehealth@snohd.org](mailto:childcarehealth@snohd.org) or by calling 425-252-5415.

# STARS Classes

Health and Safety Classes for Child Care Providers

## Visit Our Website to Access Classes!

Snohomish Health District is now posting class materials to our website when they become available. You no longer need to pre-register for classes and classes are no longer being emailed out.

To access the current class, visit our website at:

<http://www.snohd.org/Children-Family/Child-Care-Providers/Training-for-Child-Care>

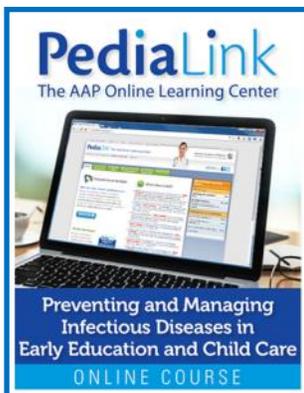
Snohomish Health District provides distance learning classes for Snohomish County child care providers on a variety of topics. These STARS-approved classes are being offered at **NO COST**. They are designed to take about 2 hours to complete. You have until the end of the current month to complete and return the test and evaluation (either via email or US mail). Once your test has been reviewed, you will receive a certificate via email. STARS credit will be entered into MERIT. Further detailed instructions will be included with the course materials.

**NOTES:** Due to staffing and time constraints, tests and assignments will be processed for providers who either *live or work* in SNOHOMISH COUNTY ONLY. Thank you for your understanding.

## Upcoming STARS Classes:

Month	Course Description	To take this class:
April <i>Distance Learning</i>	<b>Preventing Reportable Illness</b> <i>Do you know which diseases are reportable to the health department? Class topics covered include how disease is transmitted, ways to prevent and control the spread of disease, and information on the most common reportable diseases.</i>	Available for download on our website during April.
May <i>Distance Learning</i>	<b>Managing Special Dietary Needs</b> <i>Children may have food allergies, intolerances, or other health needs that require special diets. Learn how to manage these different dietary needs, including ways a child care can make accommodations, what to look for in individual care plans, and more.</i>	Available for download on our website during May.
May <i>Distance Learning</i>	<b>Understanding Adverse Childhood Experiences</b> <i>Understand the importance of Adverse Childhood Experiences (ACEs) by exploring what research is discovering about the relationship between ACEs and lifelong health and behavior outcomes. Learn the role of ACEs in your own life as well as in the children in their care and what steps they can take to address them.</i>	Available for download on our website during May.

## More Free Online Child Care Health Courses



The American Academy of Pediatrics (AAP) offers free online trainings for child care providers, including a class on Preventing and Managing Infectious Diseases in Early Education and Child Care. In order to receive STARS credit, you would need to submit a separate Continuing Education Proposal through MERIT on the DEL website.

Please link to [the AAP website](http://the AAP website) for a full list of classes. The infectious disease class can be found at <https://shop.aap.org/preventing-and-managing-infectious-diseases-in-early-education-and-child-care/>



Call or Email Us!

425.252.5415

For general questions, please email us at:

[childcarehealth@snohd.org](mailto:childcarehealth@snohd.org)

To submit class materials or register for in-person trainings, please email us at:

[childcareclass@snohd.org](mailto:childcareclass@snohd.org)



We are available by phone or email, or can visit your child care. We can help with:

- Reportable Disease Control
  - Child Behavior Issues
  - Menu and Nutrition Consults
  - Illness Prevention Tips
  - Safe Food Preparation
  - Cleaning and Sanitizing
  - Medication Management
- .... and much more!

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