

# Communicable Disease Outreach

Volume 4, Issue 1

Disease Prevention Information for Child Care Providers

August 2014

## Oh no! I made a mistake!

### Medication Errors: what to do and how to prevent them

Medication errors in the child care setting can put a child in serious danger. Preventing errors begins with good communication when receiving the medication from the parent and a good medication management policy. When a medication error occurs, knowing what to do is just as important.

#### What is a medication error?

A medication error is giving the...

- medication to the **wrong child**
- **wrong medication**
- **wrong dose** (amount)
- medication at the **wrong time** or
- medication by the **wrong route**

#### In case of a medication error:

- call 911 if the child is showing signs of distress. When in doubt– just call!
- notify the director or staff in charge for help
- call parent/guardian and medical provider
- call poison control 1-800-222-1222
- report error to licenser and director
- document the medication error
- evaluate cause of error and plan how to prevent future errors

**Medication management:** A good medication management policy will help prevent errors. It should include written instructions for:

- how and when staff will be trained
- proper documentation
- how to receive medication from a parent
- how to store and dispose of medications
- how to handle a medication error

#### Resources:

**Healthy Futures Medication Training** An online power point training presentation can be found at: <http://www.healthychildcare.org/InstructorsManual.html>

#### **Communicable Disease Outreach program**

Email [childcarehealth@snohd.org](mailto:childcarehealth@snohd.org) for a sample medication policy template, medication documentation forms, or training on how to manage medications.

**Medication Disposal** Call 1-800-732-9253 or go to [www.MedicineReturn.com](http://www.MedicineReturn.com)



When giving medications, always ask yourself the

### 5 Rights

Is it the....

- Right **Child**?
- Right **Medication**?
- Right **Dose**? (*amount*)
- Right **Time**?
- Right **Route**? (*where does the medicine go, i.e. nose, mouth?*)

Communicable  
Disease Outreach  
Program  
3020 Rucker Avenue, Suite 300

### Call or Email Us!

Main line  
425.339.5278  
[childcarehealth@snohd.org](mailto:childcarehealth@snohd.org)

Public Health Nurse  
Alba Suárez  
425.339.5228  
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Environmental Health Specialist  
Micha Horn  
425.339.8712  
[mhorn@snohd.org](mailto:mhorn@snohd.org)

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

- Reportable Disease Control
- Outbreak Investigation
- Illness Prevention Advice
- Exclusion Policies
- Safe Food Preparation
- Cleaning and Sanitizing
- Pet Policies
- Handwashing Practices
- .... And much more!

To notify the health  
district of a reportable  
illness, call . . .  
425.339.5278

## Health and Safety, it's our responsibility

## Where's Baby? Look Before You Lock



Tragically, many children die every year after being left in a hot vehicle. In 2013, 44 children across the US died from heatstroke after being left alone in a car. Child cares can help by having a simple communication plan in place which can save a child's life. In this plan, parents would inform their child care if their child will be late or absent. Child care providers would contact parents if a child does not arrive as expected. Providers would always double check child care vehicles after before locking the doors. This plan provides an additional safety net to make sure no child is accidentally left in a car. Here are a few facts:

- A child's body temperature rises up to 5 times faster than an adult's
- Cracking a window does little to keep the car cool
- Even when temperatures are in the 60's, a car can heat up to above 110°F
- A child dies if their body temperature reaches 107°F

For more information about cars and heatstroke, visit [www.safercar.gov/parents/heatstroke.htm](http://www.safercar.gov/parents/heatstroke.htm).

## Sunscreen Safety



Along with staying in the shade and wearing hats and sunglasses, the appropriate use of sunscreen is important to protect children (and yourself) from the sun's harmful ultraviolet (UV) rays. In child care settings, sunscreen is considered a "medication" and you must follow your health policy for applying and documenting application. When using sunscreen on children in your care:

- Apply sunscreen at least 15-30 minutes before going outside
- Re-apply every 2 hours, or more often if playing in the water
- Spray-on sunscreens may not be the best choice for children. In 2011 the

FDA announced that it was investigating the potential risks of spray sunscreens (such as uneven coverage and risks of inhaling the spray). They have yet to release a report. If you choose to allow sprays, consider the following:

- Spray sunscreen on your hand and then apply evenly
- Never spray in or around the face
- Only use spray sunscreens outside in a well-ventilated area away from other children

For more information about sun safety, visit [www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm).

## Staying Healthy around Animals



Whether you are taking children to a petting zoo or having an animal presentation come to your child care, it is important to be aware that animals can spread many different diseases to people. Young children are more susceptible than adults to many of these illnesses. Follow these safety tips if interacting with animals this summer:

- Make sure handwashing facilities are available... and use them!
- Increase staff-child ratios, especially for younger children.
- Watch children's interactions carefully and ensure they do not put their fingers in their mouth or touch their face after touching animals.
- Interact with animals after eating lunch or snack, rather than before. Never allow eating or drinking around animals.
- Know the health risks associated with the particular animals before you go. Then share this information with parents and make sure to obtain written permission for each child.

For more information about pets, visit [www.cdc.gov/healthypets](http://www.cdc.gov/healthypets) or visit our website at [www.snohd.org](http://www.snohd.org).

## Exclusion Guideline Changes

In late 2013, the Department of Early Learning (DEL) changed the center licensing WAC, removing the requirement to exclude for lice and pinkeye. Both the home and school-age WACs do not require exclusion for lice and only require exclusion for pinkeye if there is thick pus or mucus coming from the eye. While the child care WAC no longer requires these exclusions, it is up to each individual child care to determine their policies and what they are comfortable with. You may choose to exclude for these conditions immediately, at the end of the day, or not at all. Here is a bit more information to help you make an informed decision. We have updated our “Keep Me Home If” poster to reflect these changes. A copy has been included on the next page.

**Lice:** Head lice are not a disease and do not spread disease. It is an *infestation* with the lice parasite. The decision by DEL to remove the requirement for exclusion was made in light of a recommendation from the American Academy of Pediatrics (AAP) that children should not be kept out of school for lice or nits. The AAP recommendation is that if a child is found to have live lice on the head, that they be excluded at the end of the day and can return after treatment. Child care providers may decide whether they wish to exclude for lice, lice and nits, or neither. An exclusion policy regarding lice or nits should be clearly written in the health policy and/or parent handbook. Regardless of exclusion, it is essential that the child be properly treated by the parent before returning. For information about treatment, visit the Snohomish Health District website at [www.snohd.org](http://www.snohd.org) or call the lice information line at 425.339.5269.



**Pinkeye:** Pinkeye (conjunctivitis) is an inflammation of the white part of the eye and inside of the eyelid. It can be caused by bacteria, a virus, allergies, or even chemicals. Child care center providers are no longer required by DEL to exclude children with pinkeye. The AAP recommendation is to not exclude for pinkeye as pinkeye is often no more serious than the common cold. Child care providers may decide whether they wish to exclude for pinkeye or not. An exclusion policy regarding pinkeye should be clearly written in the health policy and/or parent handbook. Medical evaluation is still recommended. Most cases of pinkeye, even bacterial, will get better without antibiotics and pediatricians will often not prescribe them. Child care providers should not insist that children be on antibiotics for pinkeye as a condition for them to return to care.



## New Bleach Guidance Expected Soon

The Washington State Department of Health is in the process of developing guidance for mixing the new concentrated bleach in child care environments. We will get the information out to you in a separate newsletter as soon as it is made available to us. In the meantime...

**Please don't hesitate to call us at 425.339.5278 if you have questions about bleach or bleach alternatives. We're happy to help!**



# Please Keep Your Child Home If...

I'm vomiting



I have lice



I have a rash



I have diarrhea



My eyes are red



I have a sore throat



I have a fever



I just don't feel good



## Symptom

## Exclusion criteria...

<b>Vomiting</b>	2 or more episodes of vomiting in 24 hours
<b>Lice</b>	Follow your child care's policy
<b>Rash</b>	Rash with a fever or itching
<b>Diarrhea</b>	3 or more watery stools in 24 hours or one bloody stool
<b>Eye Redness</b>	Follow your child care's policy
<b>Sore Throat</b>	Sore throat with fever or swollen glands
<b>Fever</b>	100°F (37.8°C) under the arm or 101°F (38.3°C) orally AND other symptom or behavior change
<b>Not Feeling Well</b>	Unusually tired, loss of appetite, confused, irritable, or not able to participate comfortably

## When your child is sick:

1. Have plans for a back up caregiver for your child.
2. Call and tell your school or child care what is wrong with your child, even if your child stays home.



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

**Communicable Disease Outreach Program**  
3020 Rucker Avenue, Suite 300  
Everett, WA 98201-3900  
425.339.5278

Communicable Disease Outreach Program



# Child Care Providers– Tell families with young children about the WIC program!

WIC is the Nutrition Program for Women, Infants and Children

For over 30 years, WIC has been helping parents give their children a great start with healthy food, nutrition/feeding tips and breastfeeding help. WIC makes economic sense, too!

## How WIC helps families on a tight budget:

Makes it easier for parents to afford child care by providing *up to \$50 in WIC checks for each child and mother enrolled.*

Makes healthy eating affordable by offering nutrition tips and help with breastfeeding.

Keeps health care costs down by making referrals to free or low-cost services like health insurance, health and dental care, and birth control.



## Buy healthy foods with WIC checks, like:

Fresh fruits and vegetables

Whole grain breads and tortillas

High iron cereals and calcium-rich milk

Baby foods

Formula (for babies not breastfed)

*Thank you for referring families to WIC!*



## Why WIC is important for Pregnant and Breastfeeding Moms:

Women on WIC while pregnant have 40% fewer very preterm babies and 50% fewer very low birth weight babies compared to similar women not on WIC.

Breastfeeding moms get support and help from WIC. The WIC breastfeeding food package supplies the nutrients and calories she needs while lactation consultants provide support and help when needed.

## It's easy to enroll in the program:

Just call for an appointment. No paperwork, no hassle.

Families enrolled in Medicaid are automatically eligible.

A family of 4 can earn up to up to \$44,123 per year and still qualify.

No citizenship requirements.

### To contact a WIC office call:

Everett 425.252.5303

Lynnwood 425.258.8400

### To order WIC outreach materials online:

[www.withinreachwa.org/ordermaterials\\_start](http://www.withinreachwa.org/ordermaterials_start)

To order WIC outreach materials by phone :

Call the Family Health Hotline at 1-800-322-2588.

WIC is an equal opportunity program and does not discriminate.



# 2014 STARS Classes

Disease Prevention Information for Child Care Providers

August 2014

## Distance Learning Classes

Snohomish Health District provides distance learning classes for Snohomish County child care providers on a variety of disease and illness prevention topics. These STARS-approved classes are being offered at **NO COST** this year. They are designed to take about 2 hours to complete. On the class start date you will receive the curriculum via email. You will have until the end of the month to complete and return the test and evaluation (either via email or US mail). Once the test has been reviewed, you will receive a certificate via email. Further detailed instructions will be provided when you register.

How Do I Register? It's simple! Email your name and the course or courses you wish to take to the appropriate email address below. Can't decide? Register for all of them and decide after you've seen the material!

**NOTES:** While it is acceptable to repeat classes previously taken, we strongly discourage repeating a class within a 3 year period and encourage taking a wide variety of classes. 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.

## 2014 Communicable Disease Class Schedule

To register, email [childcarehealth@snohd.org](mailto:childcarehealth@snohd.org)

Start date	Title
Aug 1	Immunization Tracking
Sep 2	Preschool Illness Prevention Basics
Oct 1	Disaster Preparedness for Child Cares
Nov 3	Cleaning and Sanitizing in Child Cares <b>New!</b>
Dec 1	Lice Aren't Nice

## 2014 Healthy Communities Class Schedule

To register, email [cparker@snohd.org](mailto:cparker@snohd.org)

Start date	Title
Oct 1	Provider Wellness: Taking Care of You <b>New!</b>
Dec 1	Physical Activity in Child Care

Please share this information with your fellow child care providers.



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

Public Health Nurse  
Alba Suárez  
425.339.5228  
[asuarez@snohd.org](mailto:asuarez@snohd.org)

Environmental Health Specialist  
Micha Horn  
425.339.8712  
[mhorn@snohd.org](mailto:mhorn@snohd.org)

We are available by phone or to visit your child care.

We can help with:

- Reportable Disease Control
- Outbreak Investigation
- Illness Prevention Advice
- Exclusion Policies
- Safe Food Preparation
- Cleaning and Sanitizing
- Pet Policies
- Handwashing Practices

.... And much more!

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