



SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

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In this issue...

Measles in the News ...

Bleach Chart ...

Nutrition tips ...

WIC services ...

Farm animal Policy....

2015 STARS Classes ...

Measles in the News

Due to the current increase in measles cases, we have received many questions from concerned child care providers. We would like to address some main points.

Information on recent national measles outbreak

- According to the CDC, the US is currently experiencing a large outbreak of measles associated with an amusement park that has spread to 7 states. From December 28, 2014, through March 13, 2015, there have been 145 cases linked to this outbreak.
- Washington State had two confirmed cases related this outbreak, including one that exposed residents of Snohomish County.
- Overall from January through March 13, 2015, the US has had 176 total cases of measles in 17 different states. Most of these cases were part of one of 4 different outbreaks.

Is there measles here in Washington State now?

- YES. Currently, there is an outbreak of measles in Clallam county that is unrelated to the Disney park outbreak. So far there have been 5 confirmed cases but more can be expected.

How does measles spread?

- Measles is highly contagious before the rash starts and the person does not realize they are sick.
- It is spread when an infected person breathes, coughs, or sneezes.
- The disease can be in the air for up to 2 hours after an infected person leaves the area.
- A person can spread the virus to others from 4 days before the rash starts until 4 days after the rash appeared.



How likely is it that we can get measles?

- Unprotected (not vaccinated) persons, are always at some risk of getting the virus. The risk rises when the person travels to other countries where vaccination levels are low or are around other unvaccinated people.

- You are already welcome to call Snohomish Health District at 425.339.5278 with questions.

What can I do to help protect infants and children who are not vaccinated?

- Encourage all staff working with infants to be up to date with their vaccines.
- Review all immunization records and make sure children are up to date with the MMR vaccine.



At what age can you get the vaccine?

- The first dose of the MMR vaccine is routinely given between 12 and 15 months. The second dose is given between 4-6 yrs.
- Adults who were born during or after 1957 who do not have a history of having received at least one dose of vaccine on or after their first birthday, need to have a dose.
- People born before 1957 can be considered immune and do not need the vaccine.

What if I don't know if I had the MMR vaccine?

- Consult with your medical provider. A blood test can be ordered to check if you have antibodies to measles.

Where can I get help reviewing the vaccine records (CIS and COE forms)?

- Staff from the CDO program can assist you in reviewing your records and give you guidance on WAC rules and how to manage your files.
- To schedule an immunization review consultation, please contact us at 425.339.5278 or email us at childcarehealth@snohd.org.

What resources are there for child cares to give to parents?

- For general information about measles to share with parents visit: <http://www.cdc.gov/vaccines/vpd-vac/measles/fs-parents.html>
- Child cares should encourage parents to speak to their

especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



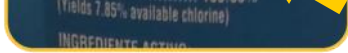
1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.



Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

should look something similar to picture to the right. Once you find out what percent bleach you have, you will need to look at the chart below to determine the recipe for mixing it. If, for example, you wanted to mix up one quart of disinfecting solution for your diaper changing table and bathroom, and you had 8.25% bleach, you would add one and a half teaspoons of bleach to one quart of cool water. For one quart of sanitizing solution using 8.25% bleach, you would need 1/4 teaspoon of bleach mixed into one quart of cool water. For assistance in reading the chart and/or mixing bleach solutions, please contact us at 425.339.5278 or by email at childcarehealth@snohd.org. We are happy to assist you.



Disinfecting and Sanitizing with Bleach

Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments

- ### Preparation Tips
- **Prepare** a fresh bleach solution each day in a well-ventilated area that is separate from children.
 - **Label** bottles of bleach solution with contents, ratio, and date mixed.
 - **Use cool water.** Always add bleach to cool water, NOT water to bleach.
 - **Wear** gloves and eye protection.
 - **Prepare** solution in an area with an eye wash.

Disinfecting Solutions			
For use on diaper change tables, hand washing sinks, bathrooms (including toilet bowls, toilet seats, training rings, soap dispensers, potty chairs), door and cabinet handles, etc.			
Water	2.75% Bleach	5.25-6.25% Bleach	8.25% Bleach
1 Gallon	1/3 cup + 1 Tablespoon	3 Tablespoons	2 Tablespoons
1 Quart	1 ½ Tablespoons	2 ¼ teaspoons	1 ½ teaspoons

Sanitizing Solutions			
For use on eating utensils, food use contact surfaces, mixed use tables, high chair trays, crib frames and mattresses, toys, pacifiers, floors, sleep mats, etc.			
Water	2.75% Bleach	5.25-6.25% Bleach	8.25% Bleach
1 Gallon	1 Tablespoon	2 teaspoons	1 teaspoon
1 Quart	1 teaspoon	½ teaspoon	¼ teaspoon

Disinfection of non-porous non-food contact surfaces can be achieved with 600 parts per million (ppm) of chlorine bleach. To make measuring easier, the strengths listed in this table represent approximately 600-800 ppm bleach for disinfecting, and approximately 100 ppm for sanitizing. Chlorine test strips with a measuring range of 0-800 ppm or higher can also be used to determine the strength of the solution.

Contact your local health jurisdiction for further instructions on cleaning and disinfecting if specific disease or organisms are identified as causing illness in your program.

Use only plain unscented bleach that lists the percent (%) strength on the manufacturer's label. Read the label on the bleach bottle to determine the bleach strength. For example, Sodium Hypochlorite...6.25% or 8.25%.

This chart was created by the Disinfection Workgroup led by the Washington State Department of Health. Workgroup members consist of staff from the Department of Early Learning, Snohomish Health District, Local Hazardous Waste Management Program in King County, Washington State Department of Ecology, the Coalition for Safety and Health in Early Learning, and the Washington State Department of Health. Adapted graphically from: *DOH Publication 970-216 January 2015.* (<http://here.doh.wa.gov/materials/guidelines-for-bleach-solutions>)

- ### Steps to Follow
- **Clean** the surface with soap and water before disinfecting or sanitizing.
 - **Rinse** with clean water and dry with paper towel.
 - **Apply** chlorine bleach and water solution to the entire area to be disinfected or sanitized.
 - **Air dry** for at least 2 minutes.

overweight or obese children in Snohomish County is rising at an alarming rate. It has tripled in just 30 years.

Most juices have as much sugar as a soda pop, some have even more.

The consumption of sugar-sweetened beverages begins in early childhood and typically increases as children age. In 2002, the Feeding Infants and Toddlers Study reported that 44% of toddlers consumed either fruit juice, fruit drinks or soda at least once a day, every day. In addition to obesity, these sugary beverages can cause other health issues such as tooth decay. This makes it very important not to overlook the importance of the beverage you offer children during child care hours. Beverages should be considered a nutritional component and a potential source of calories and sugar during meals or snacks.

Juice should be served sparingly. Though juice can be a source of some vitamins and minerals, it is also a huge source of added sugar. Most juices have as much sugar as a soda pop, some have even more. Juice is also lacking the beneficial fiber that you get by simply eating whole fruit instead. If you do serve juice on occasion, choose 100% fruit juice with no added sugars. Orange juice is much higher in nutrients than apple or grape. Avoid “juice beverages” that may only contain a small amount of actual fruit juice such as Capri Suns, Sunny Delight, Hi C, juice cocktails or lemonade. Soda should also never be served at child care. Sugary drinks add empty calories to our daily diet very quickly, providing no nutritional return. They also take the place of beneficial beverages that kids and adults need such as water or unflavored milk.

You may have noticed the 5210 campaign around Snohomish County. This campaign reinforces that we need to watch what we drink by reminding children and families that every day we should aim for:

- 5-servings of fruits and vegetables
- 2-hours or less of recreational screen time
- 1-hour of physical activity
- 0-sugary beverages!



Health
Certificate of Exemption

PART 1: PARENT OR GUARDIAN INSTRUCTIONS

In order for this form to be valid for religious, personal, philosophical, or medical reasons, please:

Step 1: Fill in your child's information in boxes 1-4
Step 2: Read the Parent/Guardian Declaration
Step 3: Provide your initials where indicated
Step 4: Print your name, sign, and date in boxes 5-8
Step 5: Have a provider complete Part 2 of this form

1. Child's Last Name _____
 2. Child's First Name and Middle Initial _____
 3. Birthdate (mm/dd/yyyy) _____ 4. Gender
 Male Female
 I am the parent or legal guardian of the above named child. One or more required vaccines are in conflict with my personal, philosophical, or religious beliefs.
Parent/Guardian Declaration
 I understand that:
 • My child may not be allowed to attend school or child care during an outbreak of the disease that my child has not been fully vaccinated against. _____ (Initial)
 • Exempting my child from any or all required vaccines may result in serious illness, disability, or death to my child or others. I understand the risk and possible outcomes of my decision to exempt my child. _____ (Initial)
 • The information provided on this form is complete and correct. _____ (Initial)

5. Print Parent/Guardian Name _____
 6. Parent/Guardian Signature and Date _____

PART 2: HEALTHCARE PROVIDER INSTRUCTIONS

In order for this form to be valid, please:

Step 1: Mark which disease(s) and what type of exemption is requested, if medical write a T for Temporary or P for Permanent
Step 2: Discuss the benefits and risks of immunizations with the parent or guardian
Step 3: Read the Provider Declaration
Step 4: Print your name, credentials, sign, and date in boxes 7-8

Disease	Personal/Philosophical	Religious	Medical (T/P)	Other
Diphtheria				
Hepatitis B				
Measles				
Mumps				
Polio				
Rubella				
Pneumococcal				
Tetanus				
Varicella				
Whooping Cough				

Provider Declaration
 I declare that:
 • I have discussed the benefits and risks of immunizations with the parent/legal guardian or a consultant for exempting their child.
 • I am a qualified M.D., D.O., APRN or RN licensed under Title 18 RCW.
 • The information provided on this form is complete and correct.

7. Print Provider Name and Credentials _____
 8. Provider Signature and Date _____

SIDE A

There are now two separate sections for parents and for healthcare providers to fill out (see red arrows). Providers must now fill out the exemption for each specific disease or vaccine.

SIDE B

The religious *membership* exemption, which allows a parent to sign the form without a provider signature (see red arrow), has been moved to side B.

Health
Certificate of Exemption

NOTICE: Complete this side if you belong to a church or religion that objects to the use of medical treatment.¹

If you have a religious objection to vaccinations, but the beliefs or teachings of your church or religion allow for your child to be treated by medical professionals such as doctors and nurses, then you must use Side A of this Certificate of Exemption.

PARENT OR GUARDIAN INSTRUCTIONS

In order for this form to be legally valid for religious membership reasons, please:

Step 1: Fill in your child's information in boxes 1-4
Step 2: Read the Parent/Guardian Declaration and provide your initials where indicated
Step 3: Provide the name of the church or religion of which you are a member, and print your name, sign, and date in boxes 5-7

1. Child's Last Name _____ 2. Child's First Name and Middle Initial _____
 3. Birthdate (mm/dd/yyyy) _____ 4. Gender
 Male Female
 I am the parent or legal guardian of the above named child and I am exempting my child from all required vaccinations.
Parent/Guardian Declaration
 I understand that:
 • My child may not be allowed to attend school or child care during an outbreak of the disease that my child has not been fully vaccinated against. _____ (Initial)
 • Exempting my child from all required vaccines may result in serious illness, disability, or death to my child or others. I understand the risk and possible outcomes of my decision to exempt my child. _____ (Initial)
 • The information provided on this form is complete and correct. _____ (Initial)
 I affirm that I am a member of a church or religion whose teachings preclude healthcare practitioners from providing any medical treatment to my child.
 5. Name of Church or Religion of which you are a member _____ 6. Print Parent/Guardian Name _____
 7. Parent/Guardian Signature and Date _____

1. RCW 18A.220(10) "The parent or legal guardian demonstrates membership in a religious body or a church in which the religious beliefs or teachings of the church preclude a health care practitioner from providing medical treatment to the child."

Click on the link below to access the new COE form

http://www.doh.wa.gov/Portals/1/Documents/Pubs/348-106_CertificateofExemption.pdf

New Backyard Farm Animal Policy Coming Soon



Farm Animals Policy

Are you a provider who has backyard chickens, a pony in a pasture on your property, or a family goat? A new version of our "pet policy" will soon be available for you to use. This policy will be designed to meet

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.

2015 Communicable Disease Class Schedule

To register, email childcarehealth@snohd.org

Start date Title

Jan 1	Disease Prevention for Infant and Toddler Care
Feb 2	Preventing Reportable Illnesses
Mar 2	Disaster Preparedness for Child Cares
Apr 1	Preventing Diseases from Animals in Child Care Settings
May 1	Cleaning and Sanitizing in Child Cares
Jun 1	Summertime Illness Prevention New!
Jul 1	Immunization Tracking
Aug 3	Teaching Illness Prevention to Young Children
Sep 1	Preschool Illness Prevention Basics
Oct 1	Pandemic Flu Preparedness
Nov 2	Pertussis: What Child Care Providers Should Know
Dec 1	Medication Management for Child Care New!

2015 Healthy Communities Class Schedule



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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 Snohomish Health District of a reportable illness, call 425.339.5278.