



Communicable Disease Outreach

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Disease Prevention Information for Child Care Providers

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Call or Email Us!

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Communicable Disease Outreach Program

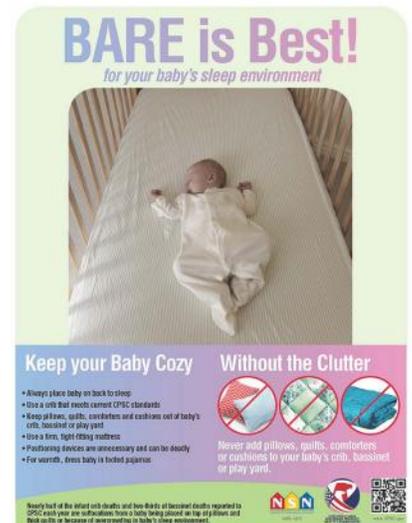
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Safe Sleep for Infants

There are new child care regulations around safe sleep practices for infants. All child care providers who care for infants need to know these new rules and follow them. Most of the sleep rules remain the same, including placing infants on their back when putting them down to sleep; no soft toys, pillows, or crib bumpers; making sure the infant does not get too warm during sleep; infants arms must be free; cribs must meet CPSC safety standards; and no sleeping in car seats or swings.

A few highlights that are new in the safe sleep regulations include:

- ▶ No blankets are allowed in cribs
- ▶ **Annual** safe-sleep training is required for all home providers and centers licensed to care for infants
- ▶ Parent handbook must contain information about infant safe sleep practices
- ▶ Mattresses must be specifically designed for the particular piece of equipment
- ▶ Mattress must be covered by a fitted sheet
- ▶ If violations to safe sleep regulations are found, a notice of violation must be posted and parents must be notified in writing and provided with safe sleep information



To read the regulations, click on the following links:

HOMES: [WAC 170-296A-1800\(b\)](http://www.wa.gov/REGS/WAC170296A1800) Training; [WAC 170-296A-7075](http://www.wa.gov/REGS/WAC170296A7075) Equipment; [WAC 170-296A-7085](http://www.wa.gov/REGS/WAC170296A7085) Cribs; [WAC 170-296A-7100](http://www.wa.gov/REGS/WAC170296A7100) Safe Sleep Practices
CENTERS: [WAC 170-295-1070\(3\)](http://www.wa.gov/REGS/WAC17029510703) Training; [WAC 170-295-4100](http://www.wa.gov/REGS/WAC1702954100) Equipment; [WAC 170-295-4110](http://www.wa.gov/REGS/WAC1702954110) Safe Sleep Practices

The Department of Early Learning Safe Sleep training can be found at: www.deltraining.com.

To download a copy of the poster above from the Consumer Product Safety Commission (CPSC), go to <http://www.cpsc.gov/PageFiles/149634/bareisbest.pdf>



Outdoor Play in Washington Weather

Dealing with Rain, Snow, and Cold



With fall and winter comes rainy and colder weather. But just because the weather is cooler, does not mean that children need to stay inside to stay healthy. Cold air does not cause colds—germs do. And keeping children and adults inside, in small and sometimes poorly ventilated rooms, allows germs to spread easily. Getting children and staff outside provides an opportunity to get fresh, healthy air. It also provides a chance to open windows and ventilate the rooms. It is okay to take children who are mildly ill outdoors to play. Children who are too sick to play outdoors are likely too ill to be at child care.



Except in the most extreme weather (such as lightning, strong windstorms, or very hot or cold temperatures), children should be taken outside at least once a day. Outdoor playtime is important year round! By taking children outside, children and staff:

- ◆ get the opportunity to experience nature and learn about the weather first hand
- ◆ have a change in scenery and sensory activities
- ◆ exercise which is important for healthy habits, obesity prevention, and gross-motor development
- ◆ breathe in fresh, clean air which can be refreshing and invigorating

Children should be dressed appropriately for the weather so they can enjoy the daily outdoor activities. Children’s body surface to weight ratio is bigger than adults causing them to lose heat more quickly. To make sure that outdoor play in fall and winter weather is safe and fun:



- ◆ Parents should send appropriate clothing:
 - For cold, damp weather—a warm, water repellant coat with a hood or a cap and rubber boots
 - For cold, dry weather—a warm coat with hood or wool cap, sweater, mittens or gloves
 - For snowy weather—all items in bullet above plus snow pants if possible, extra mittens or gloves, make sure ears are covered.
- ◆ Parents need to send a complete change of clothes for children to change into should they find a puddle to splash in.
- ◆ The child care should have extra clothes available in case a parent forgets to send some. A trip to the thrift store can help augment your supply.
- ◆ Dress children in layers of medium weight clothing to trap body heat.
- ◆ Periodically check the skin of young children to make sure they feel warm.
- ◆ Watch children to make sure that they keep their protective clothing on.
- ◆ Clothing should be dry and clean to provide maximum warmth.
- ◆ Plastic bags worn over the shoes inside rain boots help keep feet dry and make it easy to get boots on and off. Be cautious, however, with plastic bags around young children.
- ◆ Find areas outside that provide protection from the wind. Sometimes it may be better to take a short walk rather than having free play.

Remember to communicate clearly to parents that you will go outside daily despite rain or light snow.

❄️ Weather Continued...How Cold is Too Cold? 💧

The weather chart below was developed by the Iowa Department of Public Health and Healthy Child Care Iowa through a grant. It shows when it is safe to take children outside in cold weather based on the temperature in combination with the wind chill. Green colors mean that it is safe to be outdoors. Yellow means caution and that it may be appropriate to shorten the time spent outdoors. Red means that children should stay inside. A similar chart is also available for warm weather.

For the whole chart, visit: <http://idph.iowa.gov/Portals/1/Files/FamilyHealth/weatherwatch.pdf>.

Understand the Weather



Wind-Chill

- 30° is *chilly* and generally uncomfortable
- 15° to 30° is *cold*
- 0° to 15° is *very cold*
- -20° to 0° is *bitter cold* with significant risk of *frostbite*
- -20° to -60° is *extreme cold* and *frostbite* is likely
- -60° is *frigid* and exposed *skin will freeze* in 1 minute

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)										
		Wind Speed in mph								
		Calm	5	10	15	20	25	30	35	40
Air Temperature	40	40	36	34	32	30	29	28	28	27
	30	30	25	21	19	17	16	15	14	13
	20	20	13	9	6	4	3	1	0	-1
	10	10	1	-4	-7	-9	-11	-12	-14	-15
	0	0	-11	-16	-19	-22	-24	-26	-27	-29
	-10	-10	-22	-28	-32	-35	-37	-39	-41	-43



Comfortable for out door play

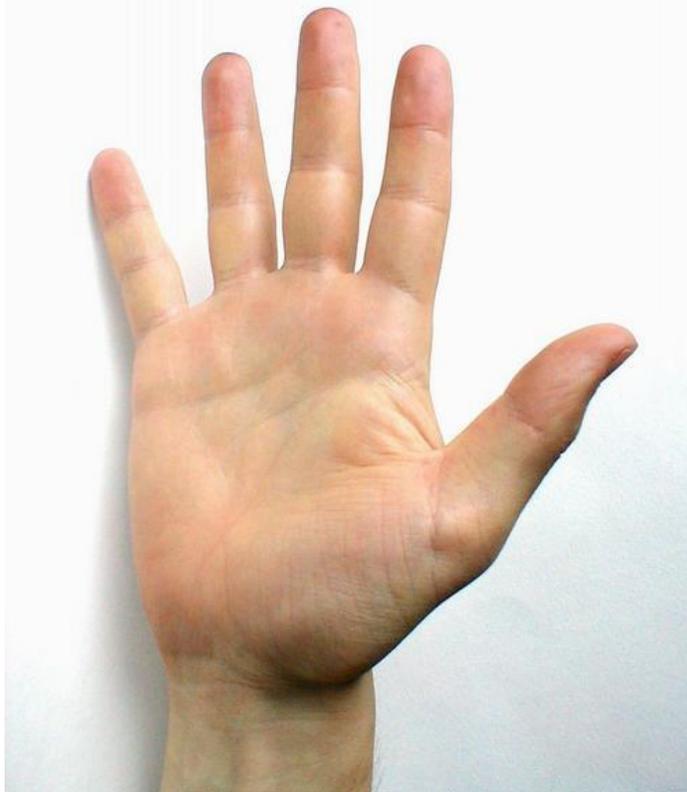


Caution



Danger

Hands Off!!!



Remember: No Bare Hand Contact with Ready-to-Eat Foods

Remember not to touch any foods that will not be cooked with your bare hands. Always use gloves, utensils, or pour foods from containers. This includes making sandwiches, serving crackers, or passing out grapes.

Child care providers must follow the guidelines in the Washington State Department of Health Food Worker Manual. To get a copy visit:

<http://www.doh.wa.gov/CommunityandEnvironment/Food/FoodWorkerandIndustry/FoodWorkerManual>

Immunization Reporting

It is time again for child care centers and HeadStart/ECEAP programs to turn in their annual immunization report form to the Washington State Department of Health. This is required by Washington Administrative Code (WAC) 246-105-060 (3)(b). Homes and school-age only care programs do not need to complete this.

If you need assistance with determining how to review your center's immunization records, please contact the Snohomish Health District Communicable Disease Outreach program at childcarehealth@snohd.org or call us at 425.339.5278.

Forms are due by November 1, 2015.

This year forms are only being accepted in hard copy. Forms and instructions can be found at: <http://www.doh.wa.gov/CommunityandEnvironment/Schools/Immunization/ChildCareStatusReporting>

Pertussis is Back

As of mid-October, Washington state Department of Health reports that there have been 1,262 cases of pertussis reported statewide, compared to 366 for the same period last year. Pertussis is a highly contagious respiratory illness only found in humans. It is caused by bacteria called *Bordetella pertussis*. Pertussis is also commonly called "whooping cough." Pertussis can cause serious illness in infants, children, and adults. In infants, it can be life-threatening. The symptoms of pertussis usually start 7-10 days after being exposed to someone with the illness, but sometimes can take up to 21 days to appear. Early symptoms closely resemble the common cold. Then after the first couple of weeks, the classic and more severe symptoms, including coughing fits, begin to show. To help prevent pertussis in your child care:



- make sure children are up-to-date with immunizations
- staff members should have received a Tdap booster
- teach children to cover their coughs and sneezes and wash hands

To learn more about pertussis, please take our November distance learning class, "Pertussis: What Child Care Providers Should Know." The class is available at no cost to those who live or work in Snohomish County and is worth 2 STARS credits. If you do not live or work in Snohomish County, or if you do not want or need STARS credits, you can still register to receive the information. To sign up for the class or to receive the information, please send an email to childcarehealth@snohd.org.



Is it just a cold?

Or is it whooping cough?

Signs of whooping cough (pertussis)

Children & Adults: coughing attacks that can make it hard to breathe and may be followed by vomiting or a whooping sound. There is usually no fever with whooping cough and people with whooping cough usually seem fine in between attacks.

Infants less than six months of age: may stop breathing, gag or gasp for air rather than cough and may vomit after coughing.

Whooping cough is easily spread and can cause serious illness, especially in infants who are too young to be fully vaccinated. Ask your doctor about getting a pertussis shot (Tdap) for you and your family.

Vaping: A New Danger For Kids!

A Message from Snohomish Health District Healthy Communities Program



Vapor devices, which include e-cigs, vape pens, and hookahs, are used to vaporize substances such as nicotine, marijuana and other drugs for inhaling. The introduction of vapor devices has been touted by tobacco companies as a way to quit smoking, however research is starting to suggest just the opposite. The use of these vapor devices is skyrocketing among teens, introducing them to addictive substances that harm health at younger ages than ever. And even though the second hand smoke from vaping devices is often odorless, it still contains nicotine, formaldehyde and other chemicals known to penetrate lung tissue and cause cancer.

Nicotine liquid or “e-juice” is commonly used in vapor devices. The nicotine in e-juice is highly addictive and a typical vapor device holds many times more nicotine than a traditional cigarette. Nicotine e-juice may also look and smell attractive to young children as it comes in a variety of colors and flavors including bubblegum, gummy bear, apple pie, and cupcake. E-juice is currently not sold in child proof containers and can be dangerous if spilled on skin and even fatal if ingested. In 2014, Washington Poison Control Center received 182 calls about nicotine poisoning from e-juice.

If you or any of your staff uses vapor devices, please remember the following steps to help keep kids safe while in your care:

- Never use e-devices around children. The secondhand smoke is not “just water vapor” but an aerosol that emits many harmful chemicals.
- Make sure e-juice in the child care center or home is locked away from children. Remember to consider that employees may be carrying these chemicals in their purse, back pack, or lunch sacks and make sure these items are secure.
- Consider making a “No Smoking/No Vaping” policy that applies to both the indoor and outdoor environments at your child care facility and grounds. If you are interested in smoke/vape-free signage for your child care, contact Carrie Parker at cparker@snohd.org.

Did you Know?

The use of vapor devices is skyrocketing among teens.

If a child in your care should come in to direct skin contact with e-juice or ingest it, contact the Washington Poison Control center immediately at 1-800-222-1222.



Attention Infant Nurse Consultants

Snohomish Health District Communicable Disease Outreach (CDO) staff would like to serve as a resource for all infant nurse consultants working within Snohomish County childcare programs. Some topics that we are able to give guidance and information about are: bottle / food preparation and storage, cleaning and sanitizing, diapering and gloving, immunizations, exclusion policies, WAC codes and requirements, medications, and disease control and prevention. We hold periodic meetings between infant nurse consultants and CDO staff, with representation from the Department of Early Learning. Agenda items are based on the needs of the infant nurse consultants.



Infant Nurse Consultant Meeting and Information Exchange

Location will be at:

Patty's Eggnest and Turkey House in Everett
303 128th St SW, Everett WA 98204

All infant nurse consultants invited.

What time and date works for you? Use this Doodle Poll to let us know!

<http://doodle.com/poll/3febq4rb2sriumhn> RSVP by Nov 10

Note: November 2nd date has been cancelled



2015 STARS Classes

Remaining Classes for 2015

Start date	Title	Registration Email
Nov 2	Pertussis: What Child Care Providers Should Know	childcarehealth@snohd.org
Dec 1	Medication Management for Child Care New!	childcarehealth@snohd.org
Dec 1	Taking Care of You: Provider Wellness	cparker@snohd.org



2016 STARS Classes

Disease Prevention Information for Child Care Providers

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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.

2016 Communicable Disease Class Schedule

To register, email childcarehealth@snohd.org

Start date	Title
Jan 4	Cleaning and Sanitizing in Child Cares
Feb 1	Common Childhood Illnesses
Mar 1	Medication Management for Child Care (Part 2) New!
Apr 1	Preventing Foodborne Illnesses in Child Care Settings
May 2	Immunizations—Protecting Child Care Providers and Children
Jun 1	Summertime Illness Prevention
Jul 1	Staph Infections including MRSA
Aug 1	Disease Prevention for Infants and Toddlers
Sep 1	Safe Sleep Practices New!
Oct 3	Lice Aren't Nice
Nov 1	Managing Illness
Dec 1	Gerbusters Updated!

2016 Healthy Communities Class Schedule

To register, email cparker@snohd.org

Start date	Title
Feb 1	Understanding ACES
Apr 1	What Child Care Providers Need to Know About Vaping New!
Jun 1	Physical Activity in Child Care
Aug 1	Feeding the Picky Eater New!
Oct 3	Healthy Snacks and Celebrations
Dec 1	Healthy Menu Ideas



Call or Email Us!

Main line

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childcarehealth@snohd.org

Public Health Nurse

Alba Suárez

Environmental Health Specialist

Micha Horn

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.

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