



# Child Care Health Outreach

Volume 8 Issue 1

Health and Safety Information for Child Care Providers

January 2018



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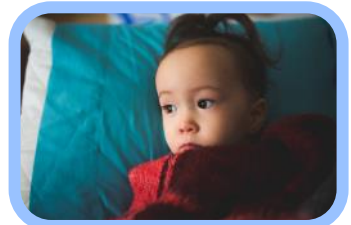
## Child Care Health Outreach Program

3020 Rucker Avenue, Suite 104  
Everett, WA 98201  
425.339.5250  
[www.snohd.org](http://www.snohd.org)

## What is everyone getting sick with?

Winter is the most wonderful time of the year for....you guessed it, **viruses!** It seems like every week someone is coming down sick with a new infection. Cold weather and people spending more time indoors together makes a perfect environment for viruses like influenza to spread. You might hear people say, "I think I had the stomach flu" or "a stomach bug", but what does that really mean?

**There is no such thing as the "stomach flu".** Flu is short for **influenza**. For most people who come down with influenza, it will feel like an unusually bad cold combined with symptoms like severe headache, fatigue, muscle ache, and fever. If you think you might have flu, you should definitely stay home. Although it feels terrible, most people recover within a week or so. However, for certain high-risk populations, the **flu can be deadly**, which is why it is important to not expose the flu to other people. Young children, and infants in particular, are at a high risk of complications or even death from the flu.



Although some people may get nauseous when they have the flu, vomiting and diarrhea are **not** associated with influenza. When people say they had a "stomach bug", the most likely culprit is actually **norovirus**. Norovirus causes stomach pain, diarrhea and vomiting, and is spread by contaminated food or water, caring for someone who is ill, or by touching a surface that was previously touched by a sick person. Child care providers are especially at risk because the young children they work with often put their hands in their mouth, come in close contact with each other, and are still learning important hygiene skills like handwashing. It isn't pleasant to think about, but when you get sick with Norovirus, at some point infectious particles from stool or vomit ended up in your mouth (usually from eating or touching your face). That is why handwashing is so important!!

So what can you do? No matter what the "bug" is, they all have something in common: they don't do well when we wash our hands and clean surfaces appropriately. See the next page for more information on how to sanitize and disinfect to keep germs like Norovirus away. And remember—it isn't too late to get your flu shot!

### Did You Know?

Our program offers free consultations on topics such as handwashing, sanitizing, and preventing illness. Please contact us if you would like more information or have any questions about communicable diseases.

# Say No to Norovirus!

Norovirus spreads through people and surfaces, so it is important to keep both clean and sanitized to avoid further spreading the virus. For people this means frequent hand washing! Wash your hands often, especially after using the toilet, after and in-between changing diapers, after coming in contact with animals and before preparing foods or medications. If you find yourself wondering whether or not you need to wash your hands, simply do it. When washing your hands, lather the soap on your hands under warm running water for at least twenty seconds. Dry your hands thoroughly with a paper towel, use the paper towel to turn off the water. Avoid touching the handles with your freshly washed hands.

If you have had a case or cases of norovirus at your child care, use your normal disinfectant strength solution on all high-touch surfaces at least three times a day with contact time of five minutes. Thoroughly rinse anything that may go in the mouth or come in contact with food. Norovirus is resistant to routine cleaning and sanitizing; therefore, a stronger concentration of bleach and longer contact time are required in order to properly sanitize and disinfect surfaces of norovirus. During your end of day deep cleaning, when children are not around, disinfect all high-touch surfaces with the concentrated bleach solution (see table below). When using this higher concentrated solution, make sure to wear personal protective equipment (PPE) such as goggles, gloves and an apron. Open windows and use fans for additional ventilation. Again, any items that will be placed in the mouth or come in contact with food such as eating utensils or toys, thoroughly rinse before use.

Concentrated Bleach Solutions ~3500 ppm			
Water	2.75% Bleach	5.25-6.25% Bleach	8.25% Bleach
1 Gallon	2 cups	1 cup	¾ cup
1 Quart	½ cup	¼ cup	3 tablespoons

If there are any episodes of vomit or stool, treat the area as infectious. Clear the area of children and have anyone who was nearby wash their hands immediately and if possible remove and wash clothes. Use the concentrated bleach solution to disinfect the area and any surfaces within a 25 foot zone of the vomit or stool. Allow the surfaces to have a contact time of five minutes. Wear your PPE and avoid touching your face during cleaning. Use disposable paper towels to clean and dry the area. When you are finished cleaning place all disposable items, including used PPE into a plastic bag. Seal the bag and take it out of the facility. Wash your hands immediately after.

## What's on the Menu?

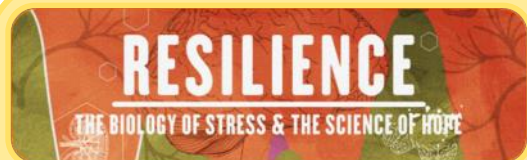
This month we offer the newly revised distance learning Menu Planning class for 2 STARS credits. In addition, you may register for an accompanying hands-on cooking class on February 3<sup>rd</sup> which takes the new menu planning guidelines to the kitchen. Join us for this interactive cooking session to learn how to add more whole grains, fruits and vegetables, tofu and foods with less added sugar to your menu. We will do some taste testing, cook together, and eat what we make. Carrie Parker and Katy Levenhagen, Child Care Health Outreach Program health educator and nutritionist, will lead the cooking activities.



**January Distance Learning Course — Menu Planning and the New CACFP Guidelines** – 2 STARS credits! Download the workbook and the test here beginning on January 2<sup>nd</sup>: [www.snohd.org/children-family/child-care-providers/training-for-child-care](http://www.snohd.org/children-family/child-care-providers/training-for-child-care)

**February On-site Cooking Class — Menu Planning in Action** (interactive, cooking class) – 2 STARS credits! Feb. 3; 10 – 12:30 at Verdant Health, 4710 196<sup>th</sup> St. SW, Lynnwood, WA 98036. Register by emailing your name and contact information to [childcareclass@snohd.org](mailto:childcareclass@snohd.org). **Space is limited for the hands-on cooking class so sign up soon!** Please register only if you are able to attend the class.

**Note:** the distance learning class can be taken on its own without the cooking class; however, if you register for the on-site cooking class in Lynnwood, it will be highly beneficial to have completed the distance learning course in January.



## Resilience: The Biology of Stress and the Science of Hope Movie Screening

This one-hour documentary examines the emerging science around toxic stress caused by Adverse Childhood Experiences and how it negatively alters the brains and bodies of children if left untreated.

Join us for the movie and discussion afterwards led by the CCHOP Behavioral Health Specialist, Jann Finley. Wednesday, January 17, 2018 from 6:00—8:00 PM in Everett; Register at [childcareclass@snohd.org](mailto:childcareclass@snohd.org)

**2 Free STARS Credits!**



# 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:
Jan. 17 <sup>th</sup> 6:00-8:00pm Everett	<b>Resilience: The Biology of Stress &amp; The Science of Hope</b> <i>Resilience examines the emerging science around toxic stress and how it negatively alters the brains and bodies of children if left untreated. Learn what resilience is and how you can help build it up in children in your care. Space is limited. (2 STARS credits)</i>	Send an email to: <a href="mailto:childcareclass@snohd.org">childcareclass@snohd.org</a>
January <i>Distance Learning</i>	<b>Healthy Menu Ideas</b> <i>This class will explore the benefits of well balanced nutrition and the necessary components of a healthy diet. Menu planning tips will be shared as well as ideas for increasing variety in your current menu offerings. Updated with new CACFP requirements.</i>	Available for download on our website during January.
January	<b>ADHD class postponed—stay tuned!</b>	
February <i>Distance Learning</i>	<b>Preventing Foodborne Illness in Child Care Settings</b> <i>Children are highly susceptible to foodborne illness. Go beyond the basic food worker card class and learn more about preparing food safety in a child care setting.</i>	Available for download on our website during February.
February 6:00-8:00pm Lynnwood	<b>Healthy Cooking for Child Care Providers</b> <i>Practice some cooking in the kitchen while learning to make healthy foods that meet the updated CACFP guidelines. Class will be held at Verdant Community Wellness Center, 4710 196th St SW, Lynnwood, WA 98036</i>  <i>Note: Completion of the January Distance Learning Course "Healthy Menu Ideas" is strongly encouraged prior to taking this course.</i>	Send an email to: <a href="mailto:childcareclass@snohd.org">childcareclass@snohd.org</a>



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**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
- Handwashing Practices
- .... and much more!

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## 2018 Child Care Health Class Schedule

Month	Course Title
January	Healthy Menu Ideas <b>NEW!</b>
January	Resilience: The Biology of Stress & The Science of Hope <b>NEW!</b> <i>On-site training—Everett WA</i>
January	ADHD: postponed. Check back on our website for future dates.
February	Preventing Foodborne Illness in Child Care Settings
February	Healthy Cooking for Child Care Providers <b>NEW!</b> <i>On-site training—Lynnwood WA; builds on January's Healthy Menu Ideas Course</i>
March	Staph Infections including MRSA
March	Promoting Health by Reducing Screen Time
April	Preventing Reportable Illness
May	Feeding the Picky Eater
May	Understanding Adverse Childhood Experiences (ACES)
June	Summertime Illness and Injury Prevention
July	Air Quality and Children's Health <b>NEW!</b>
August	Physical Activity and Outdoor Play
August	Injury Prevention: Playground Safety <b>NEW!</b>
September	Immunization Tracking
October	Preparing for the Flu <b>NEW!</b>
October	What Child Care Providers Need to Know about Vaping
November	Behavioral Health — Topic TBD
December	Stress Management/Mental Health for Child Care Providers

Please note: Class offerings are subject to change. Please see our website for most current list.



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

- Communicable Diseases
- Child Behavior Issues
- Menu and Nutrition Consults
- Illness Prevention Tips
- Immunization Tracking
- Medication Management
- Safe Food Preparation
- Cleaning and Sanitizing
- Disaster Preparedness
- Playground Safety

.... and much more!

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