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 to 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.
How will I know if I need to exclude staff or children that are not vaccinated for measles?
- Should there be an outbreak in your area, your local health department—Snohomish Health District—will alert your licensor and get important exclusion instructions to you.
- You are always 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](http://www.cdc.gov/vaccines/vpd-vac/measles/fs-parents.html)
- Child cares should encourage parents to speak to their physicians about their child’s immunization status.

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.
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 and Sanitizing with Bleach
Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments

### Disinfecting Solutions

<table>
<thead>
<tr>
<th>Water</th>
<th>2.75% Bleach</th>
<th>5.25-6.25% Bleach</th>
<th>8.25% Bleach</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Gallon</td>
<td>1/3 cup + 1 Tablespoon</td>
<td>3 Tablespoons</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>1 Quart</td>
<td>1 1/2 Tablespoons</td>
<td>2 1/4 teaspoons</td>
<td>1 1/2 teaspoons</td>
</tr>
</tbody>
</table>

Disinfecting 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.

### Sanitizing Solutions

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<tbody>
<tr>
<td>1 Gallon</td>
<td>1 Tablespoon</td>
<td>2 teaspoons</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>1 Quart</td>
<td>1 teaspoon</td>
<td>½ teaspoon</td>
<td>¼ teaspoon</td>
</tr>
</tbody>
</table>

Sanitizing of non-porous non-food contact surfaces can be achieved with 600 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%.

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.
A Message from Snohomish Health District's Healthy Communities Program

Beverages Count!

Did you know that the beverages we drink are a top contributing factor to adult and childhood obesity? The number of overweight or obese children in Snohomish County is rising at an alarming rate. It has tripled in just 30 years.

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!

Most juices have as much sugar as a soda pop, some have even more.
The new Certificate of Exemption (COE) is now available on the Washington Department of Health webpage. This new form should be used for any new exemption requests. Existing exemptions can remain on the old COE form. There are two main changes to the updated COE.

**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.

Click on the link below to access the new COE form:


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**New Backyard Farm Animal Policy Coming Soon**

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 the licensing requirements for having farm animals on your child care property.
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

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

2015 Healthy Communities Class Schedule

To register, email childcarehealth@snohd.org

<table>
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<tr>
<th>Start date</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Feb 2</td>
<td>Promoting Health by Reducing Screen Time</td>
</tr>
<tr>
<td>Apr 1</td>
<td>5-2-10 Child Care! New!</td>
</tr>
<tr>
<td>Jul 1</td>
<td>Cavity Free Kids New!</td>
</tr>
<tr>
<td>Sep 1</td>
<td>Providing Healthy Whole Foods on a Budget</td>
</tr>
<tr>
<td>Dec 1</td>
<td>Taking Care of You: Provider Wellness</td>
</tr>
</tbody>
</table>

To notify the Snohomish Health District of a reportable illness, call 425.339.5278.