

# THE CHILD CARE HEALTH CONNECTION

Health, Safety and Nutrition News  
From the Child Care Health Program



A Program of Public Health - Seattle & King County

Vol. 7 No. 1

## CLASS SCHEDULE January/February 2008

### New On-line Bloodborne Pathogens/HIV/AIDS Class

In partnership with Puget Sound Educational Service District, the Child Care Health Program is piloting a new on-line Bloodborne Pathogens/HIV/AIDS course. The course allows child care providers to complete their Bloodborne Pathogens/HIV/AIDS course requirement at home or work at their convenience. Access to the internet is required. Participants will be expected to complete an evaluation as part of the pilot and contact us with any difficulties they encounter in taking the class. The cost of the pilot class is \$25. To register for the class visit [www.metrokc.gov/health/childcare/classes.htm](http://www.metrokc.gov/health/childcare/classes.htm) or call (206) 205-2860.



### February 2008 Classes

DATE	TIME	CLASS	LOCATION	PAYMENT
2/7/08 Thursday	7:00 pm – 9:00 pm	<b>*2 STARS Credits*</b> <b>Signing for Infants and Toddlers</b>  In this beginning signing class, participants will learn to communicate with infants and toddlers using 12 - 15 hand signs.	<b>Eastgate Public Health Center</b> <b>14350 SE Eastgate Way</b> <b>Bellevue, WA 98007</b> For directions, please call (206) 296- 2770 or visit our web site @ <a href="http://www.metrokc.gov/health/childcare">www.metrokc.gov/health/childcare</a>  Please see page 7 of this issue for class registration information.	<b>\$20</b> <b>Please</b> <b>make</b> <b>checks</b> <b>payable to:</b> <b>SKCDPH</b>



## More STARS Classes!

Child Care Health Program Public Health Nurses and Nutrition Consultants will teach two classes with Child Care Resources in March. Pre-registration is required. For more information and to register for these classes with Child Care Resources call (206) 329-1011 or visit [www.childcare.org](http://www.childcare.org). Please do not use the registration form in this newsletter.

### Let's Get Moving! Physical Activity for Child Care Programs

10 am – 12 noon on Saturday, March 8, 2007  
Child Care Resources (Seattle)  
1225 South Weller, Suite 300  
Seattle, WA 98144



### Recognizing and Reporting Child Abuse and Neglect

10 am – 12 noon on Saturday, March 22, 2007  
Child Care Resources (Kent)  
232 – 2<sup>nd</sup> Ave South, Suite 104  
Kent, WA 98032



### 2008 Conference

## From Crib to Classroom: Setting the Stage

Saturday, February 9, 2008  
8:00 am – 2:30 pm  
Shoreline Conference Center  
18560 - 1<sup>st</sup> Ave NE, Shoreline



A conference for early childhood educators, caregivers, and parents of young children sponsored by FACES North (Families and Children Early Support)

For registration information, contact:  
Peter Blair at 206-388-1994 or [peterb@sjcc.org](mailto:peterb@sjcc.org)  
(Please do not register through the Child Care Health Program)



**Communicable Disease, Epidemiology  
and Immunization Section**

401 Fifth Avenue South, Suite 900

Seattle, WA 98104-1818

206-296-4774 Fax 206-296-4803 TTY Relay: 711



December 27, 2007

To Child Care Providers in King County:

In response to growing public awareness of methicillin-resistant *Staphylococcus aureus* (MRSA), Public Health is providing information and resources that should be useful to you in responding to questions and concerns from families and staff.

*Staphylococcus aureus* (or "staph,") is a bacteria commonly carried on the skin or in the nose of healthy people. MRSA are staph that are resistant to an antibiotic called methicillin and do not respond to some of the antibiotics usually used for staph infections. While around 1 in 4 people are staph carriers (meaning bacteria are present without causing an infection or symptoms), approximately 1 in 100 people are MRSA carriers. MRSA is transmitted most frequently by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (e.g., towels, toys, used bandages).

Though MRSA is an important health problem, much of the news media's recent focus has been on the most dramatic cases of MRSA. MRSA usually causes minor skin infections that heal with proper wound care. It is relatively rare for MRSA to cause severe infections among previously healthy people in the community, or to spread if appropriate precautions are taken. Even in severe cases, most patients respond to commonly available antibiotics.

Our recommendations to child care centers regarding MRSA are to:

- Report outbreaks (person-to-person transmission) involving children and staff to Public Health at (206) 296-4774.\* Individual cases of MRSA do not need to be reported.
- Promptly refer children and staff with skin or soft tissue infections to their health care providers for evaluation and treatment.
- Have children with MRSA skin infections keep infected areas of skin (e.g., open or oozing sores) covered at all times until they are healed.\* Covering wounds greatly reduces the risk of infecting others or contaminating surfaces.
- Exclude any child with a bacterial skin infection until that infection has been evaluated and treated with antibiotics for at least 24 hours.\*
- Promote frequent hand washing and good personal hygiene.
- Regularly clean and disinfect equipment that has frequent skin contact and do not allow sharing of clothing or towels. Particular attention should be paid to surfaces that are likely to come into contact with uncovered or poorly covered infections.
- Disinfect clean surfaces with either a diluted bleach solution (1 tablespoon household bleach in 1 quart cool water, made daily) or an EPA-registered disinfectant that is effective at removing MRSA from the environment.
- Notify parents by letter or posted notice if their children are exposed to a child diagnosed with MRSA by a health care professional.\*

The decision to close a child care facility for any communicable disease should be made in consultation with Public Health. In most cases it is not necessary to close because of MRSA infections in children, and Public Health does not recommend closure as a control measure for MRSA. MRSA transmission can be prevented by simple measures such as hand hygiene and covering infections. Enclosed is a list of resources on MRSA, as well as our MRSA fact sheet. If you have questions or concerns on MRSA or other communicable diseases of public health importance, please call (206) 296-4774.

Sincerely,



Tao Sheng Kwan-Gett, MD MPH  
Medical Epidemiologist



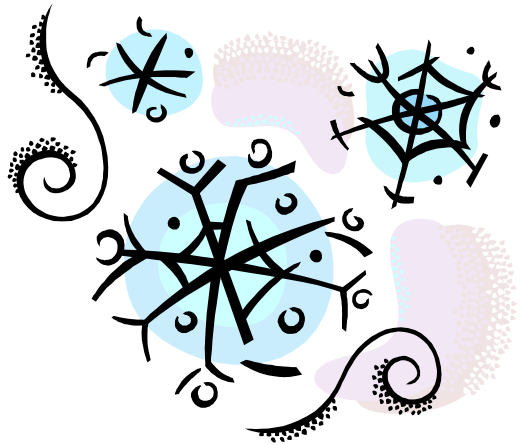
Jeffrey S. Duchin, MD  
Chief, Communicable Disease Epidemiology &  
Immunization Section

\* Required by law as specified in WAC 170-295-3030

## Communicating with Parents about MRSA

Child care providers must notify parents by letter or posted notice if their children are exposed to a child diagnosed with MRSA by a health care professional.

A letter which child care programs may use is posted on the Child care Health Program website at:  
[www.metrokc.gov/health/childcare/mhp/](http://www.metrokc.gov/health/childcare/mhp/)



### IMPORTANT RECALL INFORMATION

There have been a large number of recalls these past two months that involve products relating to children. The Child Care Health Program recommends that all child care providers visit the Consumer Product Safety Commission's (CPSC) website at [www.cpsc.gov](http://www.cpsc.gov) and click on "Recalls and Product Safety News" or call the CPSC hotline at 1-800-638-2772 for detailed information on recalls. Remember to check the website for recalls when you buy used furniture and toys.

#### **Sign up to be notified about recalls**

To sign up to receive e-mails from the CPSC when children's products are recalled go to [www.cpsc.gov](http://www.cpsc.gov) and click on "Recalls and Product Safety News." Scroll down and click on "Join our recall notification list" (on lower left hand side of screen). Check the "Infant/Child" product box when you sign up and you will receive e-mails when children's products are recalled.

#### **Recalled car seats and booster seats**

Information on recalled car seats and booster seats is posted on the website of the Safety ssestraint Coalition, Washington's Child Passenger Safety Program: Please visit [www.800BUCKLUP.org](http://www.800BUCKLUP.org).

Available in alternate formats upon request.



# ACHOO! ACHOO! IS THAT THE FLU?

## PREVENTING THE SPREAD OF INFLUENZA (THE FLU) IN CHILD CARE PROGRAMS

Preventing the spread of respiratory illness during the winter cold and flu season will help keep children and staff healthy, energetic, and ready to participate in the day's activities. Taking a few extra precautions this winter can mean less illness for staff, the children and their families.

Most colds and the flu are spread from person to person through airborne respiratory droplets when people cough or sneeze. Germs can also be spread through contact with surfaces such as desks or tabletops where respiratory droplets land and are then transferred through contact with our hands to our eyes, mouths or noses.

**Symptoms of the flu** include fever, headache, tiredness, cough, sore throat, a runny or stuffy nose, and muscle aches. Nausea, vomiting, and diarrhea can also occur, and are much more common among children than adults.

### HERE ARE SOME SUGGESTIONS TO HELP KEEP YOU AND THE CHILDREN HEALTHY THIS WINTER:

- ❖ Get a flu shot (vaccine). Getting a flu shot is the single best way to prevent the flu. The U.S. Centers for Disease Control and Prevention (CDC) recommends flu shots for:
  - ▶ All children ages 6 months until their 5<sup>th</sup> birthday
  - ▶ People who care for children birth to 5 years of age
  - ▶ People of any age who have medical conditions that place them at increased risk for serious complications from the flu
  
- NOTE** Children younger than 6 months old are not eligible for flu shots. The best way to protect children younger than 6 months is to vaccinate everyone around them.
  
- ❖ Remind staff and families about your exclusion policy when they are sick. Post the policy in a prominent place. Encourage families to have a plan for those times when they are sick. Staying away from groups when you are sick can help slow down the spread of many illnesses. **Children should be kept home until they have been without a fever for 24 hours.** Plus, tender, loving care at home can comfort a child who might be cranky and out-of-sorts with the flu.
  
- ❖ Observe the children for signs of respiratory illness, especially when there is increased risk of flu in the community. Call the family if:
  - ▶ Their child has a fever (100° F, or higher under the arm)
  - ▶ Their child complains of chills, sore throat, headache, or muscle aches or has a persistent cough

**Guidelines covering when to keep children home** and when to seek the advice of a health care provider are available from Public Health - Seattle & King County's Child Care Health Program. Seeking care early can sometimes prevent continuing or lingering illness.



- ❖ Encourage frequent hand washing by staff and children. The best way to prevent the spread of disease is through frequent hand washing with **soap** and **warm** water. Twenty seconds of brisk rubbing, and then rinsing the germs down the drain, is the best and most efficient way to get rid of germs. Practice proper hand washing with the children. Hand washing might be incorporated into your curriculum to teach children about germs and the spread of disease. If children are too young to wash their own hands, offer to help them.
- ❖ Avoid touching your eyes, nose or mouth. Also, pay attention to the children's habits. Remind them to wash their hands if you notice them putting their fingers in their mouths. Very young children sometimes like to put toys or other objects in their mouths and chew on them. If this occurs, put the toy aside until it can be cleaned and sanitized.
- ❖ Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue, and then wash your hands. Cough or sneeze into your elbow if you don't have a tissue. **Teach the children to follow the same procedure.**
- ❖ Keep room surfaces clean and sanitized. Frequent cleaning can help prevent the spread of germs especially during high illness times. Wash surfaces, toys, and other commonly shared items often with soap and water, rinse, and then sanitize with bleach solution.
- ❖ Promote healthy habits. Exercise, get plenty of sleep, eat a balance diet of nourishing food, and drink plenty of water to help you stay healthy in winter and all year round.

For more information about this or other health topics, please contact the Public Health Nurse for your area at 206 296 2770 or visit our website at [www.metrokc.gov/health/childcare](http://www.metrokc.gov/health/childcare).

Adapted from CDC Influenza (Flu) fact sheet "Preventing the Spread of influenza (the flu) in Child Care Settings," Nov. 8, 2006 and materials developed by PHSKC and the CCHP.





# CHILD CARE HEALTH PROGRAM CLASS REGISTRATION FORM



Class Name & Date: \_\_\_\_\_

Name: \_\_\_\_\_ Phone (work): \_\_\_\_\_ (home): \_\_\_\_\_

Your Address: \_\_\_\_\_ (zip code) \_\_\_\_\_

STARS ID Number: \_\_\_\_\_

Name of the child care program where you work: \_\_\_\_\_

Is this a center? \_\_\_\_ Or a family child care home? \_\_\_\_ Program's phone #: \_\_\_\_\_

Program's e-mail address: \_\_\_\_\_

Is your program in Seattle? Yes  No  Number of children enrolled: \_\_\_\_\_

**Please Register Early! Enclose your payment & return this registration form to:  
Child Care Health Program – Class Registration – 2124 – 4<sup>th</sup> Ave., 4<sup>th</sup> Floor, Seattle, WA 98121**

 Please cut here \_\_\_\_\_

## Class Registration Information

**Pre-registration** is required for all classes. To register, please mail the registration form above. The registration form is also available on our website at [www.metrokc.gov/health/childcare](http://www.metrokc.gov/health/childcare). **Classes fill quickly so send in the registration form and payment as soon as possible.** We do not accept registrations by telephone. Please make your check payable to: SKCDPH (Seattle – King County Department of Public Health) & return the registration form with payment to:

Child Care Health Program – Class Registration  
2124 – 4<sup>th</sup> Avenue, 4<sup>th</sup> Floor, Seattle, WA 98121

If you have any questions, please call (206) 296-2770. Space is limited. Please register early or call us at (206) 296-2770 to check for class openings. If a class fills before we receive your registration, your check will be returned to you. If a money order or cashier's check is used as payment, we will issue a refund. To avoid disrupting the class, and to receive full credit, please try to arrive on time. We also request that you make other child care arrangements so that your attention can be focused on the class.

## Our Class Cancellation Policy

- ☆ If we cancel a class (due to low enrollment, snow, or other reason) you may choose between receiving a refund or a credit toward another class.
- ☆ If you register for a class and find you cannot attend, please notify us at (206) 296-2770 **at least 24 hours** before the class. No refunds will be made, but if you notify us at least 24 hours before the class you will be eligible for a credit toward another class.



Child Care Health Program  
2124 – 4<sup>th</sup> Ave., 4<sup>th</sup> Floor  
Seattle, WA 98121

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**January/February 2008**

**In this issue of the Child Care Health Connection:**

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  - Bloodborne Pathogens/HIV/AIDS On-line Class
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