

# GOOD BEGINNINGS NEVER END

N.C. Child Care Health & Safety Resource Center • 1-800-CHOOSE-1

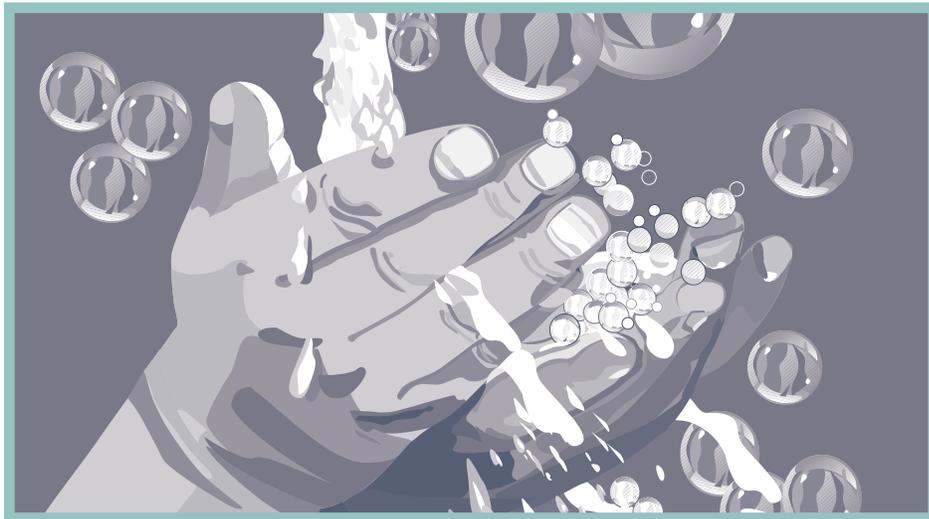
January 1999

## Key Points

- Handwashing is the single most important means of preventing the spread of infection.
- Time and friction are the keys to good handwashing.
- Premoistened towelettes or wipes should **not** be used as a substitute for washing hands with soap and running water.
- Daily outdoor playtime is important to good health.
- Colds are not caused by cold air.
- Outdoor play is good for a child with a cold if they do not have a fever and are warm and dry.

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## Their Health is in Your Hands

Children come into contact with germs every day, which have the potential to cause illness.

Handwashing – rubbing your hands together with soap and water – reduces the spread of germs from one person to another. Careful handwashing by staff and children helps to rid hands of germs.

Germs are so small that you cannot see them. A few of them can cause illnesses like diarrhea, colds, and other more serious and even life-threatening diseases.

If you wash your hands correctly, you will greatly reduce the chances of spreading germs. Disease-causing germs can enter your body when your unwashed hands touch your nose, mouth, and open wounds.

Children in group settings come in contact with many children so they have a much greater chance of getting an infection from another child. Children share toys and touch each other during play and this spreads germs.

It is especially difficult to prevent colds from spreading. Cold germs are spread:

- Through the air, whenever children with colds cough or sneeze;
- Through direct contact, whenever children with colds touch their saliva or runny noses and then touch other children;
- Through indirect contact, when children with colds touch their saliva or runny noses and then touch an object, such as a toy or furniture.

Diarrhea germs are also easily spread, especially among children who are still in diapers. These germs are found in bowel movements and are spread:

- When caregivers or children get the germs on their hands and then touch other children;
- When caregivers or children eat food that has been prepared by someone whose hands had diarrhea germs on them.

Handwashing helps you stay healthy and the children in your care. Remember: Their health is in your hands! (For more information call 1-800-CHOOSE-1)



*At Your Service*

## North Carolina Child Care Health & Safety Resource Center

*Providing Training, Consultation & Resources for North Carolina's Child Care Community*

*Wishing You Good Beginnings for a Safe and Healthy Child Care Year!*

### DECEMBER CALL STATISTICS

Total Number of Calls.....	602
Number of Calls from Family Child Care Providers: .....	112
Primary Reason for Calling:	
Immunization Question.....	17
Lice Question/Story .....	14
Request ABC Health & Safety Book.....	45
Biting .....	7
Licensing.....	7
Asthma Training .....	10
Handwashing.....	4
Playground.....	5
First Aid .....	2
Cultural Diversity .....	1

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The Resource Center is here to help you get information to make your child care program a healthy and safe environment. We are open 9-5, Monday through Friday, except state holidays. If you cannot call us during those hours, leave a message on our voice mail and we will return your call!

## Training Opportunities

- FEB. TBA**  
Legal Issues in Child Care, Southern Pines, 910-692-3005
  - FEB. 4 (SNOW DATE FEB. 11)**  
Make My Day — Behavior Guidance Strategies for the Challenging Child, Hendersonville, 828-692-3847
  - FEB. 8**  
Concerned Family Child Care Providers of Alamance Monthly Meeting, Burlington, Kami Hardy 910-226-4292
  - FEB. 9**  
Feeding Children with Special Needs, Southern Pines 910-692-3005
  - FEB. 16**  
Get Ready, Get Set, Go! (Field trip ideas that are well planned and safe), Gaston, 704-867-0333
  - FEB. 20 (SNOW DATE FEB. 27)**  
Talk to the Hand — That Has a Puppet, Hendersonville 828-692-3847
  - FEB. 20**  
Family Child Care Home Provider's Support Group, Hendersonville, Theresa Muse 828-684-7720
  - FEB. 20**  
Mid Winter Conference, Gaston, Joyce Brison 704-864-8121
- Look to the 1999 Child Care Health & Safety Calendar for many other training opportunities throughout the year.

### Health and Safety Alert

Five years ago, manufacturers of portable cribs/playpens recalled models with faulty design that were responsible for the deaths of 12 young children. Unfortunately, nearly 1.5 million of these products were sold and are still in homes or in attics waiting to be sold at garage sales or given to unsuspecting parents or child care providers. In May 1998 a young child was killed when the Playskool Travel-Lite portable crib he was sleeping in at his licensed family child care home collapsed.

Don't let this happen to a child you love! Search your home and get rid of any of these portable cribs and playpens. For refunds and help, use the phone numbers below:

- Evenflo "Happy Camper," "Happy Cabana," and "Kiddie Camper." 800-447-9178.
- Century "Fold-N-Go" models 10-710 and 10-810. 800-541-0264.
- Century "Fold-N-Go Centers" models 10-750 and 10-760. 800-583-4092.
- Draco "All Our Kids," Models 742 and 762. Out of Business. Destroy product!
- Baby Trend "Home and Roam" and "Baby Express," manufactured before 1995. 800-328-7363.
- Kolcraft's "Playskool Travel-Lite" portable crib. 800-453-7673.

# The ABC's of Safe and Healthy Child Care...

## Basic Handwashing

### How should I wash my hands?

How you wash your hands is just as important as when you wash them, especially when it comes to eliminating germs. Just rinsing them quickly is not good enough.

To wash your hands you:

- Wet hands with running water
- Apply liquid soap
- Wash all surfaces thoroughly, including wrists, palms, backs of hands, fingers and under the fingernails for at least 15 seconds
- Rinse thoroughly, with fingertips pointed down
- Dry hands with a disposable paper towel
- Use the paper towel to turn off the faucet to avoid germs that may be on the faucet

## Times to Wash

### When should I wash my hands?

*Before you:*

- Begin work
- Prepare or serve food
- Give medication to a child
- Set up water play activity

*After you:*

- Visit the restroom or help a child use the toilet
- Diaper a child or check a diaper
- Have contact with any body secretions – yours or a child's – including nose wiping or blowing, coughing, and drooling, even if a tissue is used
- Play with or touch a pet or pet object
- Handle soiled utensils
- Handle uncooked foods, particularly raw meat, poultry, or fish
- Play outside



## Activity

### How do I teach children to wash their hands?

Take pictures of children in your care in the act of handwashing and make a poster to put over the sink at child height for an easy reminder. You will need 6 pictures for the 6 basic steps:

1. Wet hands
2. Wash hands
3. Dry hands
4. Soap hands
5. Rinse hands
6. Turn off water with paper towel.

Ask the children to help you put them in the correct order on the poster. They will enjoy looking at pictures of themselves and you will help them to learn how to wash their hands.



## Outdoor Play

### Is it too cold to play outside?

Taking children outdoors daily, even in winter, is a healthy part of the schedule. Temperatures above 40 are generally suitable for routine outdoor activity. At lower temperatures, children may be outdoors for brief periods, but they must be dressed in warm, light, dry clothing that has air pockets to prevent excess loss of heat. Bare skin, fingertips and toes need special protection to prevent frostbite.

Fresh, outdoor air promotes the health of children in your group. When children are outside they do not have to rebreath the germs of the group.

It is important to keep indoor air from becoming too stuffy. Keep the thermostat set between 68 and 72. Also, air out rooms by trying to keep windows open for at least 5-10 minutes each day.



# Test Your Knowledge

**D**uring a busy morning, Sonia, a home care provider, performed the following activities. Put a check next to the activities that would require handwashing. How many times would she wash her hands? Call us at 1-800-CHOOSE-1 with your answer. If you are among the first 100 callers with the correct answer you will WIN A FREE PRIZE!



- Puts dog outside.
- Greets children as they arrive.
- Directs children to free choice play in activity areas.
- Helps child use toilet.
- Sings songs, reads books, and tells story in morning group time.
- Changes diaper.
- Prepares bottle.
- Prepares mid-morning snack.
- Cleans up snack.

- Changes diaper.
- Gives child medication.
- Takes children outside to play.
- Brings children in from outside.
- Wipes child's runny nose.
- Helps child use toilet.
- Changes diaper.
- Puts infant down for nap.
- Demonstrates art activity for children and assists them.
- Uses toilet.
- Cleans up after art activity.
- Prepares lunch.
- Serves lunch.
- Reads book.
- Puts children down for nap.
- Takes a deep breath!



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### FOR MORE INFORMATION

or if you would like to send suggestions or comments

### WRITE:

NC Child Care Health and Safety  
Resource Center  
Post Office Box 12509  
Raleigh, NC 27605

### OR CALL: 1-800-CHOOSE-1

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