

WEE CARE

Bed Bugs in Childcare Facilities

Bed bugs are small, oval, brownish insects that need blood from animals or humans to survive. Bed bugs are often introduced to schools and child care centers from other locations. They are not an issue of hygiene or poverty. They must be addressed immediately to protect children, families, and staff to prevent the spread of the

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bed bugs. In a child care facility, it may be difficult to say where bed bugs came from. Unlike most schools, child care involves napping. Children are more likely to be bitten in beds or cribs while they sleep. Do not apply pesticides to cots, beds, cribs, or any bedding. If you find a bed bug, do not reach for pesticide as a first step!

Only licensed professionals may

use pesticides in child care facilities in Texas. You may use cleaning and organizing as the main strategies against bed bugs. For additional information visit: <https://www.cdc.gov/parasites/bedbugs/>.



Bed Bug Growth In One Day

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Sleeping Babies

According to the Texas Department of Family and Protective services, almost 400 babies in Texas die in their sleep each year due to accidental suffocation or strangulation. Employing safe sleeping practices can help avoid this tragedy. Always follow the ABC's of infant sleep:



Alone.
Babies should never sleep with anyone else.

Handwashing



Good personal hygiene and handwashing are important to help prevent the spread of illness and disease. Clean, safe running water is imperative for proper hygiene and hand washing. Keeping hands clean while handling foods helps prevent the spread of germs. Follow these steps to make sure you wash your hands properly: Wet your hands with clean, warm running water, and apply soap. Lather your hands by rubbing them together. Be sure to lather the backs of your

hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds or while humming the "Happy Birthday" song from beginning to end twice. Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them. Hand sanitizers should never take the place of handwashing. Alcohol-based hand sanitizers can reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.

HEAT STROKE

A child can die from heat stroke on a 72-degree day. There's a medical reason why this happens to children - their bodies aren't the same as adults. A child's body can heat up five times faster than an adults. Since 1998, more than 550 children across the U.S. have died from hyperthermia when unattended in a vehicle. Sadly, more than half of these reported heat stroke deaths occurred when a distracted caregiver forgot a child was in the car or truck. Other heat stroke fatalities occurred when a child was playing in an unattended vehicle. Avoid heat stroke-related injury and death by:

- Never leaving a child alone in a motor vehicle, even for a minute.
- Consistently locking unattended vehicle doors and trunks.

It could happen to you. But these deaths are preventable – not inevitable.

<https://www.cdc.gov/disasters/extremeheat/children.html>

Safety and Hygiene Checks

There are things to look for both inside and out to ensure safety and with a pre-made checklist that includes surfaces, restrooms and diaper changing. You should also know how often these areas are cleaned or maintained and set a pull something from their mouth that it be sanitized. Additionally, look around for carbon monoxide detectors, and fire extinguishers operational? No space that a child can accidents have happened in the past and how can they be prevented. Make a list of



Back.
On their backs
with no blankets
or bedding



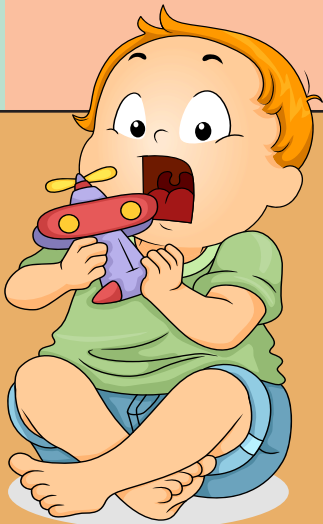
Crib.
In a
crib and
cool (70
degrees)

Always put babies to sleep alone on their backs in a crib or on another firm surface. If the baby leaves an impression on the mattress, the surface is too soft. Dress the baby, not the bed! Dress infants lightly and control the room temperature—ideally at 70 degrees.

For more information visit: http://www.dfps.state.tx.us/Room_to_Breathe/.

Chemical Foodborne Illness

that are used to control infestation of fruit and vegetables. Some pesticides include insecticides, fungicides, herbicides, and some germicides. These chemicals when ingested in large amounts can cause serious foodborne illness. All poisonous chemicals and cleaning compounds should be carefully labeled and stored in an area separate from foods. Galvanized containers should never be used for storage of acid foods such as lemonade and tomatoes. To prevent the possibility of chemical foodborne illness from pesticides, all fresh fruits and vegetables should be washed thoroughly. Even chemicals, which are quite harmless when present in small amounts, have caused severe illness or death when eaten in large quantities. Pay attention while preparing food to prevent accidental contaminants. **WHEN IN DOUBT, THROW IT OUT!!!!**



good hygienic practices in your facility. Periodically do a check over of the entire facility stations, hard to reach areas, kitchen and dining areas, playing areas and landing surfaces. specific schedule to clean them. Child care providers should make sure that when a child for hazards in the facility. Are security covers on the outlets? Are smoke alarms, carbon enter alone should have a lock. Are safety latches in place? Also ask yourself what types of hygiene practices and hazard risks to help you remember things that you might forget.

This type of foodborne illness is caused by contamination of food by chemicals such as pesticides (used in insect and rodent control), certain cleaning compounds, and sometimes by use of improper containers (pots) for cooking or storing food. Drugs and pesticides are used in agricultural chemicals

Ordinance Update

On September 19, 2017 the City of Grand Prairie Code of Ordinances Article 13-20 was amended to require every Licensed Child Care Center operating within the city limits to obtain a Food Service permit to carry out daily operations. The annual fee for a Food Service permit is \$500. This new requirement took effect immediately and no Licensed Child Care facility should be operating without fulfilling the new requirement.

For questions, concerns, or additional information please call 972-237-8055



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cooped up?

Elevated air pollution could mean your kids have to avoid the outdoors and play inside. Help improve air quality for all by doing something to reduce emissions, such as carpooling or using mass transit. Commit to these actions and learn how you can improve our air at www.airnorthtexas.org.

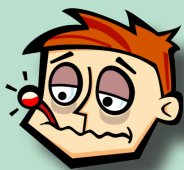
Shigella

Shigella are bacteria commonly found during outbreaks at child day care facilities. It can infect the digestive tract and cause a wide range of symptoms, from diarrhea, cramping, vomiting, and nausea, to more serious complications and illnesses. The disease caused by Shigella is known as shigellosis and is most common during the summer months. The bacteria can easily affect children 2 to 4 years old and rarely infects infants younger than 6 months old. The infection is very contagious and can be prevented with good hand washing and sanitary practices. Shigella produces toxins that can attack the lining of the large intestine, causing swelling, ulcers on the intestinal wall, and bloody diarrhea. Other symptoms of shigellosis include:

Abdominal cramps



High fever



Loss of appetite



Nausea and vomiting



Painful bowel movements



In very severe cases of shigellosis, a person may have convulsions (seizures), a stiff neck, a headache, extreme tiredness, and confusion. Shigellosis can also lead to dehydration and in rare cases, other complications, like arthritis, skin rashes, and kidney failure. For more information visit: <https://www.cdc.gov/shigella/general-information.html>.