

# WEE CARE

ENVIRONMENTAL QUALITY DIVISION

## Children and Medicine

Medicines are very important because they prevent, cure, and treat diseases, but they have to be used carefully, following the health provider's recommendations.

Special steps to safeguard all medications need to be taken when children are around. Children can ingest medicine in enough quantities and become ill, intoxicated, or even die.

As a child day care provider you should:

- Encourage parents to give their children the medicine at home if possible. If this is not possible, have them bring the medicine in its original container with dosage recommendations from the health care provider.
- You should have a written parental authorization for each child.
- Use the correct dosing device. Do not use kitchen spoons as they are not accurate.



- Read and follow the label directions.
- Watch for any reactions and have an emergency plan should they occur.

For more information visit the American Association of Poison Control Center at <http://www.aapcc.org/>.

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## Pets and Children

Children love animals and they can be effective for various teaching and learning methods. However, there is also a risk for getting sick or hurt from contact with animals.

In the U.S., the biggest risk for children getting sick is from getting infected with germs such as Salmonella, E. coli, and rabies from animals due to their young immune system.

To reduce the risk of illness from touching or being around animals, you must always wash the child's hands with soap and water

after handling the animals, cages, toys, and water bowls.

Additionally, before an animal is brought to your home or center, you must obtain appropriate veterinary care, a certificate of veterinary inspection, and proof of rabies vaccination.



### Inside this issue:

Handwashing	2
Cleaning Children's Toys	2
Pool Safety	2
Fight The Bite	3
Playground Supervision	3
What is Listeria?	4
Easy Steps For Childproofing	4

## Handwashing

Handwashing is the most effective method to prevent the spread of diseases in child daycare facilities. It is a key prevention tool for food safety.

The basic rule is to wash hands before preparing food and after handling uncooked meat and poultry, before eating, after coughing, sneezing, using the restroom, or blowing one's nose into a tissue.

When washing hands with soap and water:

- Wet your hands with clean running warm water and apply soap

- Rub hands together to make a lather and scrub all surfaces for 20 seconds

- Rinse hands well under running water and dry them using a paper towel or air dryer. Use paper towel to turn off the faucet and open the door. If you do not use a paper towel to open the door and close the faucet, your hands will get contaminated again.

Alcohol-based sanitizers do not replace washing hands with water and soap.

For more information visit:  
[www.cdc.gov/handwashing/](http://www.cdc.gov/handwashing/)



**Maintain a germ-free environment by cleaning toys.**

## Cleaning Children's Toys

Proper sanitation is an important part of general health and is absolutely critical in a childcare setting. Keeping toys clean is extremely important because they are in constant contact with the child hands and mouth. Additionally, children are more susceptible to the spread of diseases. You should establish a policy for the cleaning and sanitation of toys within your facility. Toys should be washed and rinsed with soap and water and sanitized with a bleach solution at a ratio of 1.5 teaspoons of bleach to 1 gallon of water and allowed to air dry. Bleach should be used with caution when sanitizing toys in a designated area. The area needs to be away and secure from children.

For more information visit:

<http://www.webmd.com/parenting/tc/child-safety-washing-toys-to-prevent-germs-topic-overview>

## Pool Safety

When you think of pool risks, you think of the big pools, complete with deep ends, diving boards, and swim parties. However, more than 10% of pool-related deaths in young children occur in what are best known as kiddie pools. These include inflatables, plastic wading pools, and larger above-ground pools. Portable pools at homes pose a major

threat of drowning injury or death to children, especially those younger than 5 years old.

Whether the pool is small or large take the following steps to reduce the risk of drowning:

- Never leave kids unattended and have a phone available
- Large pools should have a fence at least 4 ft. high and

gates with an auto-lock latch

- Learn CPR and first aid
- Drain kiddie pools when not in use

Prevention is the key to avoid accidents during summer time.

For more information visit:  
<http://www.poolsafely.gov/>



# Fight the Bite

Warmer temperatures are here and with it comes mosquito season. Mosquitoes live part of their lives in aquatic environments and breed in almost any body of water. By eliminating sites with stagnant water, the potential for mosquito breeding and transmission of diseases like West Nile, Zika, and Chikungunya is reduced.

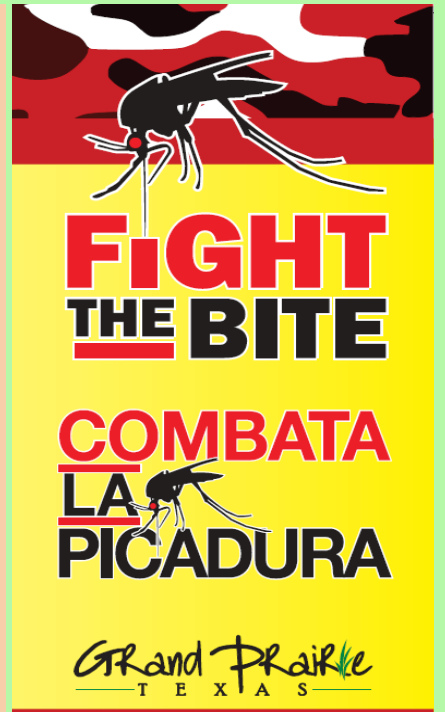
What you can do to help:

- Clean rain gutters free of debris and leaves around your property
- Protect the children and yourself by using an EPA-approved mosquito repellent
- Repair leaky pipes, outdoor faucets, and lawn sprinklers

- Cover or turn upside down any container that may collect water
- Cover trash containers to keep out rain water
- Keep drains, ditches, and culverts clean of weeds and trash
- Fill in any tree holes and hollow stumps that hold water with sand or concrete
- Keep grass cut short and shrubbery well trimmed around your property

Keep mosquitoes under control.

For additional information contact the Environmental Quality Division at 972-237-8056 or visit us on-line at [www.gptx.org/fightthebite](http://www.gptx.org/fightthebite)



# Playground Supervision

The Consumer Product Safety Commission (CPSC) conducted a study using more than 100 hospital emergency rooms across the United States to study injuries resulting from playgrounds. Their findings suggest that maintaining supervision is the only way to keep children safe on a playground.

Anytime you're supervising children, distractions will arise. If you need to focus your attention away from the group of children, find someone else to continue to supervise them.

It is a good idea not to talk on the phone or text while supervising children and always be aware of adult to child ratios.

### Safety Checklist

1. Adult supervision must be present
2. Children should play on equipment appropriate for their age
3. Ensure that there is a appropriate fall

surfacing material

4. Use safe and inspected equipment
5. Make sure no strings or ropes are present
6. Check to ensure that equipment is not too hot
7. Don't allow bicycle helmets to be worn on the equipment
8. Children should wear appropriate clothing
9. Children need to be protected from the sun and heat
10. Don't go out in extremes temperatures

For additional information on playground safety visit:

[www.playgroundsafety.org](http://www.playgroundsafety.org)





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 actions and learn how you can improve our air at [www.airnorthtexas.org](http://www.airnorthtexas.org).

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Environmental Services Department,  
Environmental Quality Division  
Submit your comments /suggestions to:  
Editor: Werner Rodriguez  
Phone: 972.237.8056  
Fax: 972.237.8228  
Email: [wrodriguez@gptx.org](mailto:wrodriguez@gptx.org)

# What is listeria?

Listeria is a bacteria that can cause severe food poisoning. Recently, these bacteria were found to be present in the contamination of Blue Bell ice cream during the manufacturing process.



Facts you should know about Listeria:

- Listeria is a tough species of bacteria. They can survive temperatures from 32°F up to 110°F .
- Pregnant women are at a higher risk of infection. The body's ability to fight infections is lower during pregnancy and the unborn baby is at particular risk if exposed.
- Listeria infections can be very serious. If the bacteria gains access to the blood of a person it can cause a wide spread infection in the person's body (septicemia) and it can affect the brain and surrounding (encephalitis and meningitis).
- In 2011, Listeria caused the deadliest foodborne outbreak in USA history. Half of the states, 30 deaths, and 147 reported cases from eating cantaloupe melons.
- Sanitizing solutions with bleach can eliminate Listeria from surfaces.
- Effective temperature control during distribution, storage, and cooking are key elements for safety.
- Listeria can hide in many food items such as sprouts, deli meats and hot dogs, smoked seafood, soft cheeses, and raw milk, but can be found in many other places.

For additional information visit:

<http://www.foodsafetywatch.org/factsheets/listeria/>

# Easy Steps For Childproofing



**Protect**   
**the children**  
  
Child injuries are preventable  
[www.cdc.gov/safecild](http://www.cdc.gov/safecild)

Baby's crawling and first steps bring new child safety challenges. As babies grow more mobile, they will start exploring their surroundings. You can make your job easier with a few simple, inexpensive child safety precautions.

Child safety does not mean buying expensive devices, it simply means putting some things out of reach of children.

Top 3 child safety hazards:

1. Small objects or toys that can be swallowed
2. Sharp objects
3. Objects that can break into sharp or smaller pieces

Understanding how kids see the world will help create a safe environment.

Look at the world from the child's point of view — get down low and look around. Looking at a room from the floor will be revealing. Kids will also pull hanging things, so check table runners, tablecloths, and electrical cords. New electrical outlets might have a built-in safety device. If not, plastic outlet covers are a cheap and effective safety devices.

If you have stairs, get a child safety gate. *If not*, safety gates can separate rooms. Gates can control how far a child can go.

Childproofing is an important part of child safety, but do it before a child can move around on their own.

For additional information visit:

<http://www.cdc.gov/safecild/>