

WEE CARE

Child Asthma and Ozone

Poor air quality can be a problem for many people who live in and near cities. For children with asthma, air pollution can cause serious health problems. Ozone and air pollution can be a trigger for your child's asthma. As with all triggers, the key is to prevent or limit exposure as much as possible.

One of the main signs of poor air quality is a high amount of ozone. Ozone is a gas that forms when certain chemicals and toxins in the air mix with heat and sunlight. But ozone is not something you can see. It's not like other signs of poor air quality such as smog.

High levels of ozone can cause breathing problems. Some symptoms include coughing, throat irritation, and airway inflammation. Children with asthma may have more severe symptoms. They are also more likely to have an asthma attack when ozone levels are high.

Ozone is more likely to form in warm weather. This means children are more likely to have breathing problems when playing outdoors in the summer. Ozone levels are often highest from April through October. In some parts of the country, levels may be high all year.



Inside This Issue:

Cleaning & Sanitizing...	2
Changing Diapers	2
Heat Stroke	2
Record Keeping	3
Cook to the Right Temperature	3
Childhood Vaccinations	4
Child/Caregiver Ratios	4

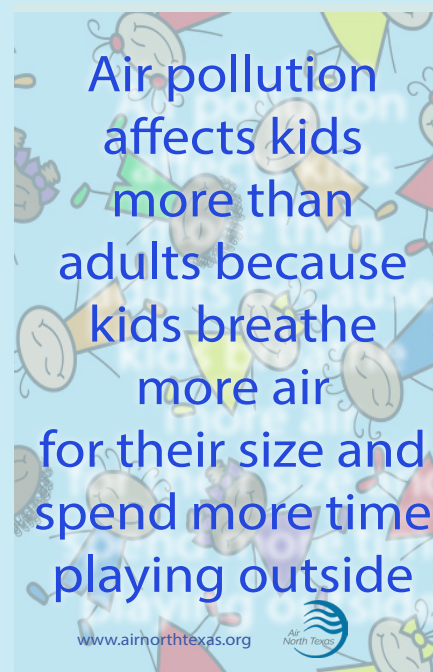
How You Can Help

Here are some things you can do to protect children from ozone and air pollution:

Check the air quality index (AQI) in your area every day. The AQI is a report on the levels of common air pollution across the U.S. When the AQI in your area is orange, red, or purple, limit the time children spend outdoors. You can find the AQI for your area in local newspapers, on local TV and radio stations (as part of the weather forecast), and online at the Air

North Texas website (www.airnorthtexas.org)

- On "ozone action days," people with asthma should stay inside if they can.
- Check that children use their asthma medicines as directed.
- Seal the lids of all household cleaners and other chemicals to keep fumes from escaping. Check that household appliances are vented to the outside.



Cleaning and Sanitizing Practices

The COVID-19 pandemic is a reminder that good disinfecting practices are always important to prevent disease. Current evidence suggests that some viruses can survive on different surfaces from hours to many days. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of germs that cause diseases in childcare settings.

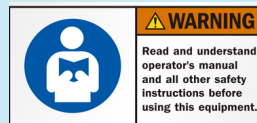
Cleaning and Sanitizing

Increase the frequency with which you clean and sanitize toys, equipment, and surfaces, especially doorknobs, check-in counters, and restrooms. Minimize the potential of disease transmission by rotating the toys that are out at any one time so that they can be adequately cleaned and sanitized. Use alcohol wipes to clean keyboards, phones, and other electronics and wash hands after use. Use products that are registered with the EPA.

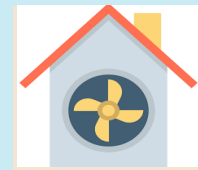
Staff cleaning should follow the disinfectant manufacturer's instructions:



Use the proper concentration of disinfectant and the required contact time.



Follow the product label warnings and instructions for personal protective equipment (PPE) such as gloves, eye protection, and adequate ventilation.



Use disinfectants in a well ventilated space. Extensive use of disinfectant products should be done when children are not present and the facility thoroughly aired out before children return.

Changing Diapers



Start with a clean surface! The diaper changing surface should have been cleaned and disinfected after the last diaper change.

Have all your supplies ready to go before you pick up the child (gloves, wipes, clean diaper, etc.).



Begin the diaper change. Remember, each wipe should only be used for one "swipe". Once the area is clean, dispose of the diaper, gloves, and wipes. Put on a clean diaper.

After putting the child's clothes back on, wash your hands AND the child's hands using warm water and soap.



Clean and disinfect the changing table using a bleach solution. Allow disinfectant to air dry.

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 adult's.

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 their child was in the car or truck. Other heat stroke fatalities occurred when a child was playing in an unattended vehicle.

Record Keeping

All children enrolled in a child-care facility must have a personal file accessible and available for inspection at all times. You must maintain the following records for each child enrolled in your facility:



Enrollment agreement



Four digit security code



Permission to participate in water activities, if provided



Current immunization records



Notarized authorization to obtain emergency medical care



Permission for transportation, if provided



Photographs of the parents and other persons authorized to pick up the child



Custody decree, if one has been issued by a family court.



Name, address, and phone number of the child's physician or an emergency-care facility

For additional information contact the Environmental Quality Division at 972-237-8055.

Cook to the Right Temperature

Did you know that the bacteria that cause food poisoning multiply quickest in the "Danger Zone" between 40° and 140° Fahrenheit?

Many people think they can tell when food is "done" simply by checking its color and texture, but there's no way to be sure if food is safe to serve and eat without following a few important but simple steps

Follow these tips to keep your food preparation safe

- Always use a food thermometer. Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria. Color and texture alone won't tell you whether your food is done. Instead, use a food thermometer to be sure.
- Keep food hot after cooking (at 140 °F or above) and keep cold food cold (below 40 °F) .
- If you use a stove, oven, or microwave the food you prepare or heat up should always reach a minimum temperature of 165 °F. Use a food thermometer to check the internal temperature.

Learn more at <https://www.fns.usda.gov/cacfp/child-day-care-centers>.

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>





For additional information visit us online at www.gptx.org/fightthebite.

Childhood Vaccinations

There has been a lot of controversy regarding childhood vaccinations and their connection to certain developmental problems. While it is true that all vaccinations carry minimal risks, the benefits greatly outweigh them. Childhood vaccinations have nearly eliminated serious diseases such as smallpox and polio and have significantly improved public health in the United States. Scientific studies have found no link

The State of Texas requires that all children meet minimum vaccination requirements. There are many vaccines a child must have during his or her first few years and as a caregiver, it is important that all children in your care receive their age-appropriate vaccinations. The City of Grand Prairie requires that you provide documentation proving the children under your care have met these requirements.



More information on these regulations, a list

of vaccinations, and required documentation can be obtained by contacting the following link: <https://dshs.texas.gov/immunize/school/school-requirements.aspx>

Child/Caregiver Ratios

If you are child-care provider you must know that there are specific legal requirements in the state of Texas for ratios of adults to children that you must meet. Child-caregiver ratio is based on the specific age of the children in the caregiver's group or the age of the youngest child in the group, depending on the activity and the number of children at the child-care center.

The number of children per adult care provider and the total group size are two important factors that indicate the quality and safety of a child-care setting. Good child-caregiver ratios are essential in quality child-care. Adults must be more actively involved in the supervision of children under 24 months due to their limited muscle control and physical skills in comparison with older children.

To determine the specific child/caregiver ratios specific to your child-care operation consult the state minimum requirements at www.dfps.state.tx.us/Child_Care/Child_Care_Standards_and_Regulations.

