

# WEE CARE

City of Grand Prairie  
Environmental  
Quality Division



## Why Are Childhood Vaccines So Important?

Immunity is the body's natural or artificially induced ability of preventing disease. The first time a child is infected with a specific antigen (measles virus for example), the immune system produces antibodies designed to fight it. This takes time and usually the immune system can't work fast enough to prevent the antigen from causing disease. However, the immune system "remembers"

that antigen. If it ever enters the body again, even after many years, the immune system can produce antibodies fast enough to keep it from causing disease. Vaccines work in inducing the body to produce target specific antibodies when administered at the right age.

The Texas Department of State Health Services (DSHS) requires

that all children in child care settings meet minimum immunization requirements. Each child enrolled in your child-care facility must meet immunization requirements specified by the Texas DSHS in 25 TAC 97, Subchapter B.

For additional information visit: <http://www.dshs.state.tx.us/immunize/default.shtm>

## Playground and Back Yard Safety Tips

In all day care settings it is very important to maintain playground equipment for safety and cleanliness. Inadequate maintenance of outdoor equipment is linked to injuries on playgrounds. Consider the age and type of equipment, climate, number of children and how they use the equipment.

The childcare operator must inspect the indoor and outdoor active play space daily to ensure there are no hazards present. All hazards or defects identified during the daily inspections should be repaired promptly. In addition, contact surfaces should be cleaned and sanitized to prevent the spread of disease.

For additional information visit: [www.dshs.state.tx.us/phs/playground.aspx](http://www.dshs.state.tx.us/phs/playground.aspx)

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## Chemicals and Pesticides

Children are always more vulnerable to chemical exposure than adults. This is due to the differences in behavior and biology that leads to more tissue injury or poisoning.

### Always:

- Store all pesticides and toxic chemicals where kids can't reach them
- Food and trash should be discarded away from children
- Pest control items should always be kept away from children
- Keep children, toys, or pets away

from chemicals or pesticides

- Always wash fruits and vegetables under running tap water before



peeling and/or before eating them

- If a child has swallowed or inhaled a toxic product such as a household cleaner or pesticide, or gotten it in their eye or on their skin call 911 if the child is unconscious, having trouble breathing, or having convulsions
- Check the label for directions on how to give first aid

Call the Poison Control Center at 1-800-222-1222 for help with first aid information.

## Changing Diapers

Changing diapers must be done appropriately to prevent the spread of diseases. To ensure a clean diaper changing experience do as follows:

- Gather all the items needed before you pick up the child
- The diaper changing station surface should have been disinfected after the last diaper change
- Put on single use gloves

- 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. Wipe your hands and the child's hands using clean wipes.

- After putting the child's new diaper and clothes back on, wash your hands with soap and water

- Clean and disinfect the diaper

changing station and allow disinfectant to air dry

- Learn more at: [www.fightbac.org/storage/documents/Childcare/All\\_Diapering.pdf](http://www.fightbac.org/storage/documents/Childcare/All_Diapering.pdf)



## Bedbugs

Bedbugs are small insects that bite animals or humans for their blood. Bedbugs are often introduced to schools and day care centers from infested homes. They are not an issue of hygiene or poverty. They must be addressed immediately to prevent further spread.

Unlike most schools, child care in-

volves napping. Children are more likely to be bitten in beds or cribs, while they sleep.

If you find bedbugs immediately consult with a commercial licensed pest control operator. Only licensed professionals may apply pesticides in child care settings.

To learn more visit:

[www.dshs.state.tx.us/phs/bedbugs.aspx](http://www.dshs.state.tx.us/phs/bedbugs.aspx)



## Heat Stroke

Now that Summer is making a comeback, it is important to remember that heat stroke occurs when the human body becomes overheated and cannot maintain control over internal temperatures.

High ambient temperatures, physical activity, and dehydration are the main causes of heat stroke.

Children are more susceptible to heat strokes than adults because their bodies can heat up faster.

Every year, many children in the U.S. die from heat stroke when left unattended in a vehicle.



More than 50% of these deaths occur when distracted caregivers for-

get a child in a vehicle.

Preventing heat stroke:

- Never leave a child unattended inside a vehicle or in a hot area
- Have children drink plenty of liquids, but during profuse sweating electrolytes may need to be replenished

For more information visit:

[www.bt.cdc.gov/disasters/extremeh/faq.asp](http://www.bt.cdc.gov/disasters/extremeh/faq.asp)

## Hand Hygiene

Handwashing is the most effective method to prevent the spread of diseases in daycare facilities.

The basic rule is to wash hands before preparing foods and after handling food items, before eating, after coughing, sneezing, changing diapers, or using the restroom.

### How to Wash Hands

- Wet your hands with clean running

warm water and apply soap

- Rub hands together for 20 seconds
- Rinse hands with running water
- Dry your hands using a paper towel or air dryer. Use your paper towel to turn off the faucet and open the door when possible

Alcohol-based sanitizers do not replace water and soap.

For additional information visit:

[www.cdc.gov/features/handwashing/](http://www.cdc.gov/features/handwashing/)



## Get Fit Grand Prairie

The City of Grand Prairie has launched a new wellness initiative called Get Fit Grand Prairie. This program features a website with tools, tips and local resources for residents to get up, get out, and get fit. The program also highlights monthly health related topics and encourages residents to participate

in activities hosted by the City of Grand Prairie and its partners.

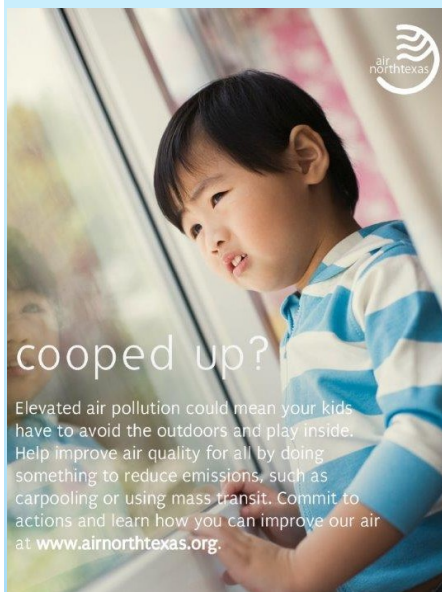
Learn more on how to live a healthier lifestyle, take a pledge, and enter a monthly drawing to win a prize by visiting:

[Www.gptx.org/GetFitGP](http://www.gptx.org/GetFitGP)





## Mosquito Transmitted Diseases



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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There are two diseases of concern that are transmitted by mosquitoes: West Nile Virus (WNV) and Chikungunya Virus (CHIKV).

**WNV** is transmitted through the bite of an infected mosquito. WNV season generally occurs from May to October, but may be present all year. Most people with WNV show no symptoms, but some (mostly the young and the elderly) may develop a more serious illness.



**CHIKV** is a disease found in Africa and Asia, but since 2013 established itself in the Caribbean. It has now resulted in several cases from travelers returning to the US and some locally-acquired cases in Florida and Puerto Rico. Locally-transmitted cases is a public health concern. The primary symptom is severe joint pain. Although rarely fatal, the symptoms are debilitating and may persist for weeks or months. Like WNV, there is no vaccine for CHIKV.

**Prevention** continues to be a key element in fighting mosquito bites even when most mosquito bites do not result in disease. To prevent mosquitoes from biting you and the children you care for do the following:

- Drain all standing water. Mosquitoes LOVE standing water.
- Stay indoors at Dusk and Dawn. These are peak hours for mosquito bites although they can be present all day long.
- Apply EPA approved insect repellent to children playing outdoors.
- Dress in long sleeves and long pants when playing outdoors.

For more information visit: [www.gptx.org/FightTheBite](http://www.gptx.org/FightTheBite)

## Choking Hazards

Choking is the 4th leading cause of accidental death in children under age 5 in the US. Foods, toys, household items, and basically anything that fits into the child's mouth are potential hazards.

Peanuts, raw vegetables, and other foods that need to be chewed with a grinding motion should be completely off limits to kids until after age 4 even with supervision. Hot dogs are the number one cause of food-related choking in kids under the age of 3.

Un-inflated and popped balloons are also a leading cause in toy-

related choking deaths because they easily block the airways.

Always read age guidelines when selecting toys and teach older kids to keep their toys out of reach from younger ones, and check the Consumer Product Safety Commission on safety issues and product recalls.

Make sure small objects are off the floor and safely out of reach of curious hands.

For additional information on choking and product recalls visit:

[http://www.healthychildren.org/English/health-issues/injuries-](http://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Choking-Prevention.aspx)

[emergencies/Pages/Choking-Prevention.aspx](http://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Choking-Prevention.aspx)

<http://www.cpsc.gov/en/Recalls/>

