

# WEECARE

## Cleaning and Disinfecting

The COVID-19 pandemic is a reminder that good disinfecting practices are always important to prevent disease. There is still much to learn about the virus that causes COVID-19, but 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.

## Hygiene Practices

- Practice frequent hand washing with soap and water for at least 20 seconds, and require handwashing upon arriving at the center, when entering the classroom, before meals or snacks, after outside time, after going to the bathroom, and prior to leaving for home. Help young children to ensure they are doing it effectively.
- Use an alcohol-based hand sanitizer with at least 60% alcohol, if needed.
- Advise children, families, and staff to avoid touching their eyes, nose and mouth with unwashed hands.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash.
- Providing adequate supplies for good hygiene, including clean and functional handwashing stations, soap, paper towels and alcohol based hand sanitizer

## Cleaning and Sanitizing

Increase the frequency with which you clean and sanitized 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.



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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. *For additional information visit: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>.*

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# 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.

## Records

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
- Photographs of the parents and other persons authorized to pick up the child
- Current immunization records.
- Notarized authorization to obtain emergency medical care
- Name, address, and phone number of the child’s physician or an emergency-care facility
- Permission for transportation, if provided
- Permission to participate in water activities, if provided
- Custody decree, if one has been issue by a family court

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

## Childhood Vaccinations

There has been a lot of controversy regarding childhood vaccinations and their connection to certain developmental problems, such as autism. 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 between vaccinations and neurological diseases.

# Changing Diapers

Follow these steps to ensure a pleasant and clean diaper changing experience:

1

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

2

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

3

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.

4

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

5

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

## Child/Caregiver Ratios

If you are a 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.

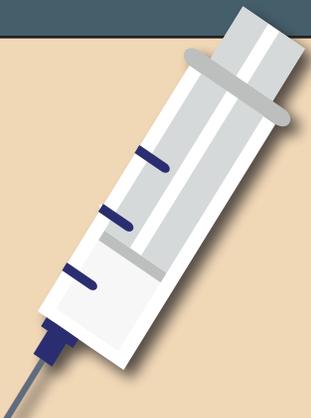
The number of children per adult care provider and the total group size are two important factors that indicate the quality and safety of a child-care setting. Good child-caregiver ratios are essential in quality child-care. Adults must be more actively involved in the supervision of children under 24 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](http://www.dfps.state.tx.us/Child_Care/Child_Care_Standards_and_Regulations).

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>.





www.airnorthtexas.org

**WHILE AT HOME, PLANT A GARDEN TO GIVE THE AIR THE NUTRIENTS THAT IT NEEDS TO BE CLEANER.**

Environmental Services Department  
Environmental Quality Division

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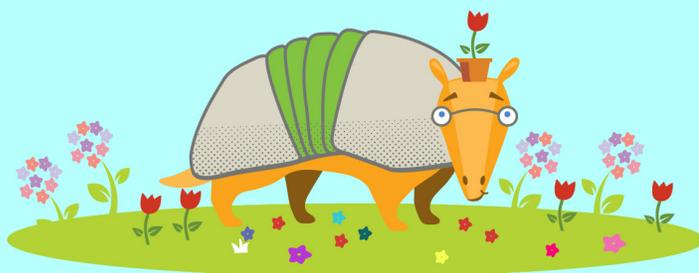
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## Fight the Bite

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.



Clean rain gutters free of debris and leaves around your property.



Protect the children and yourself by using an EPA-approved mosquito repellent.



Keep grass cut short and shrubbery well-trimmed around your property.



Cover trash containers to keep out rain water.



Cover or turn upside down any container that may collect water.

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