

NORTH CAROLINA CHILD CARE HEALTH & SAFETY

RESOURCE CENTER
1 - 8 0 0 - 2 4 6 - 6 7 3 1

HEALTH & SAFETY BULLETIN

DECEMBER 2001

About The Resource Center

The NC Child Care Health & Safety Resource Center is a project of The University of North Carolina under a contract from the North Carolina Division of Public Health.

Funding for the Resource Center comes from the US DHHS HRSA / MCHB Title V block grant and the Healthy Child Care America grant also from DHHS Maternal and Child Health Bureau.

Support for translating, printing, and mailing the Health Bulletin is provided by the DHHS ACF / Child Care and Development Fund under a contract from the North Carolina Division of Child Development to the University of North Carolina at Chapel Hill School of Public Health.

In This Issue

- 1 Asthma-Friendly Facilities
- 2 Call Statistics
- 2 QEP News
- 2 Training Opportunities
- 3 Know Your Dust Mite
- 4 Checklist for Asthma Triggers
- 5 My Asthma Profile
- 6 Basic Cleaning
- 7 NC Child Care Health Consultants
- 8 DCD Rules / References

Asthma-Friendly Facilities are Good for Everyone

Taking care of children means doing the right thing for them. Making your center or home asthma friendly is just one way to do the right thing. Asthma-friendly child care facilities are good for children and staff with breathing difficulties, but everyone benefits from a really clean facility.

This fall is a great time to get your building in order. As one of my favorite family child care provider says "it's all about being organized" (Betty Barnhill). Look through this issue and then write down a few simple steps you can take to make your program healthier for everyone.

Begin by using the checklist to assess for moisture problems and asthma-triggers. Answer the questions about how often you clean the floors, walls, furniture, and toys.



... are Good for Everyone

Consider your overall plan for maintenance and your expectations of staff. Finally, we hope you will develop an action plan that involves staff training and a renewed interest in making your facility the best it can be!

What Makes A Child Care Facility Asthma-Friendly?

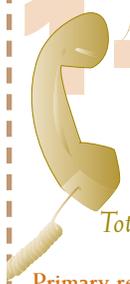
You have an individualized medical plan of care for every child with asthma in your program. You also:

- Wipe surfaces down daily
- Use washable area rugs instead of carpet
- Try to eliminate pests
- Minimize mold and mildew
- Avoid furry and feathered animals
- Carefully select cleaning agents, and
- *You never allow smoking in the area where children receive care — even if the children are not there!*

1-800-246-6731

North Carolina Child Care Health & Safety Resource Center

Providing Training, Consultation & Resources for North Carolina's Child Care Community



Total number of calls....612

Number of calls from centers....105

Number of calls from homes....69

CALL STATISTICS

Primary reason for calling	No. of Calls	Primary reason for calling	No. of Calls	Primary reason for calling	No. of Calls
Communicable Disease	41	Nutrition	7	Training/Library Materials	13
First Aid/Safety	75	Oral Health	3	Medical Home	0
Looking for Infant/Toddler Care	55	Administrative	59	CC Facility Complaint	1
Looking for Preschool/Toddler Care	22	CCHC Training Course	80	Behavioral Issue	2
Looking for School-Aged Child Care	6	Referral Only	19	Abuse / Neglect	1
Parenting	5	Immunization	7	Occupational Health	1
Special Health Care Needs	4	Quality Enhancement Project	19	Quality Child / DAP	13
Conferences	11	Healthy Child Care NC Project	3	Chronic Disease	11
Multi-Topic Health & Safety	147				



Training Opportunities

January 26, 2002
Day For Day Care
 Chapel Hill, North Carolina
 (tentative)
 Teresa Hanson
 919-967-3272

January 28-30, 2002
Annual Smart Start Conference and Celebration
 Greensboro, North Carolina
www.ncsmartstart.org
 919-821-7999

February 7, 2002
9am-4pm
NC Child Care Commission Third Quarter Meeting
Division of Child Development
 319 Chapanoke Road, Room 300
 Raleigh, North Carolina
 Call Regina Johnson or
 Melinda Rathbone
 919-662-4535

March 12-13, 2002
Healthy Child Care North Carolina State Conference
 Chapel Hill, North Carolina
 Debbie Garrett
 1-800-246-6731

For local events, please contact your local Resource and Referral Agency. If you do not know the number, call us at 1-800-246-6731.

From the Quality Enhancement Project for Infants and Toddlers

The Quality Enhancement Project for Infants and Toddlers (QEP) is a University of North Carolina at Chapel Hill project funded by the Child Care Development Fund through the NC Division of Child Development. QEP is working to improve the health, safety, and nutrition of children in child care centers and homes across the state, specifically focusing on the area of infant and toddler care. QEP has several different components to help achieve this goal; it provides funding to 14 child care health consultant projects across the state, provides funding for provider enhancement grants to regulated child care facilities to make improvements to their programs and address the health, safety and nutrition issues within their programs, and is developing a training website for distance learning for child care health consultants. It works with the NC Child Care Health and Safety Resource Center to produce this health bulletin for all the child care providers across the state. QEP looks forward to working with consultants as they assist providers in improving the health, safety, and nutrition of the children in their programs.

Know Your Dust Mite

Suggestions For Child Care Facilities

These suggestions will help eliminate one of the main triggers for asthma attacks

Care of Plush Toys

Young children benefit from playing with plush toys. The asthma-friendly way of using plush toys includes:

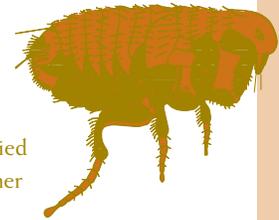
- Plush toys should be washable and machine washed and dried at least once weekly.
- Plush toys that are mouthed should be used only by one child between launderings.
- Avoid large, oversized plush toys than cannot be laundered (such as small sofas or large, stuffed animals).

Also, remember that infants should not sleep with plush toys because of the risk of sudden infant death syndrome (SIDS).



Carpet Cleaning Suggestions

- Children in child care enjoy playing on a variety of surfaces: bare floors, carpeting, rocks, sand, grass, etc. Carpeting, however, poses many maintenance problems. Eliminate carpet if you can, or restrict floor covering to area rugs that can be laundered.
- If you have carpet, make sure that you vacuum traffic areas daily.
- Vacuum only when children are out of the carpeted space and at least one hour prior to the time the area will be re-occupied.
- Vacuum cleaning should provide exhaust filtration that is efficient to no greater than 3 micrometers, as specified by manufacturers of the cleaner or bag.
- Vacuum cleaners should be maintained so that bag encasement minimizes exhaust leakage. Bags should be changed according to manufacturers' specs, and if not specified, when 1/2 of the volume of the bag is filled. Bags should be changed outdoors, away from children.
- Carpeted floors in traffic areas shall be vacuumed daily. Vacuuming should be done when children are not in the room and at least one hour prior to the time the room will be re-occupied.
- Carpet should be cleaned using hot water extraction methods, at least twice a year. All cleaning materials should be removed from the carpet before the space is re-occupied. (When hot water extraction is used, carpet should be dry within twelve hours of cleaning.)



HVAC Tips

One of the best ways to improve air quality in a child care program (and also reduce heating and cooling costs) is to make sure your heating, ventilating, and air conditioning system (HVAC) is working properly.

- You should have your system inspected and serviced by a licensed HVAC contractor at least two times per year.
- Moisture intrusion and indoor water vapor (humidity) should be controlled indoors to prevent fungal growth on indoor building materials and furnishings.

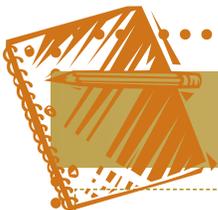
- Air supply diffusers and air return openings should be kept clean and unobstructed.
- Air cleaning filters should be well fitted to minimize filter by-pass. They should be regularly changed to prevent restriction of air flow, and or filter by-pass.
- During the cooling season, keep indoor temperatures between 67 and 76 degrees F.
- Buy a relative humidity meter at the hardware store. Keep relative humidity below 60%.



TIPS FOR VACUUMING

- If possible, use a HEPA filter and/or exhaust filter, or use a special bag that holds allergens inside the bag.
- Use an upright vacuum or a canister with a powered nozzle to pick up maximum dust.

1-800-246-6731



Correction Plan

Child Care Facility Environmental Checklist for Asthma Triggers

Okay	Not Okay		Correction Plan
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Example: Plush Toys are washable and washed at least once a week.	<u>1. Wash plush toys at least</u> <u>once weekly.</u>
<input type="checkbox"/>	<input type="checkbox"/>	1. HVAC (Heating-Ventilation-Air Conditioning) System: Have HVAC system serviced twice per year, at the beginning of the heating and cooling seasons.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	2. Air Filters: Use a pleated air cleaning filter and change dirty filters according to the manufacturers recommendation (at least 3 times per year). Make sure the filter fits tightly into the unit so that air does not go around the filter.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	3. Leaks: Repair all roof and other building leaks quickly. Immediately throw out or clean any materials that get wet be cause of leaks.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	4. Mold: If you see mold, fix the moisture problem and clean it up! Use soap and water on hard (non-porous) surfaces. Throw away porous moldy materials like ceiling tiles, bedding, and plush toys. See www.schs.state.nc.us/epi/oil/mold for more on mold.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	5. Carpet: Don't use carpet if you can't take care of it. Use a vacuum with high efficiency allergen filters. The vacuum should be in good condition; all fittings should be tight, exhaust filters in place, and bags changed before they are more than half full. Carpet should be professionally cleaned by hot water extraction at least twice per year.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	6. Upholstered Furniture: Upholstered furniture should be vacuumed several times a week and professionally cleaned by hot water extraction at least twice per year.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	7. Toys: Plush toys should be washable and should be washed at least once per week.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	8. Smoking: No smoking in the building, ever.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	9. Animals: Fur-bearing animals should not live in the facility.	_____ _____ _____
<input type="checkbox"/>	<input type="checkbox"/>	10. Bedding: Bedding should be washed in hot water at least once per week.	_____ _____ _____



My Asthma Profile

(Please fill out this form to share information with your child's caregiver.)

Place Child's
Photo Here.

For

_____ *(Write your child's name here)*

I may be having an asthma episode when *(describe behaviors, such as "I am coughing and can't catch my breath," "I complain that my chest hurts," "I am wheezing").*

My asthma can get worse when I'm near *(list things that can set off my asthma, such as dust or cold air).*

You can help me feel better by *(list helpful interventions here such as "sitting me down," "rubbing my back," "helping me stay calm").*

If my episode gets worse, please do the following:

1 _____

2 _____

3 _____

If you need to call my family or my doctor, here are the names and phone numbers:

Family member _____

Doctor _____

The nearest emergency room address and phone number _____

Name of Medication	When I Take It?	Who Can Give it to Me?

I also take the following home remedies: _____

***Important:** State regulations differ on the question of whether child care providers are allowed to administer medication. Be sure to check with your local Child Care Resource and Referral Agency, the Department of Health, or the nearest office of the American Lung Association.

Caregiver: *Post in the room where the child spends the most time.*





Maintenance of Bare Floors

Bare floors should be regularly cleaned using a damp mop. Clean your facility's floors while the children are not in the area. Allow floors to thoroughly dry before allowing children or staff to return to the area.

If you use area rugs: make sure they are secured from slipping and kept flat to prevent tripping. Wash them frequently, and always after exposure to bodily fluids. Dry rugs thoroughly before returning them to the floor.

When spills occur: wipe up spills, crumbs, and liquids immediately from bare floors. For spills involving bodily fluids, follow Universal Precautions for cleaning and disposing of residue.

Information on universal precautions can be found at the following web site
<http://ericps.ed.uiuc.edu/cchp/factsheet/univprec.html>



Maintenance of Carpeting

The carpet industry lists four elements of comprehensive carpet care. The goals of proper carpet maintenance are to keep it sanitary and to make it last.

Preventive Maintenance. In order to decrease carpet soiling from shoes, employ walk-off mats at all entrances. Clean mats regularly, especially during inclement weather. Try to keep sidewalks and entrances free of excess dirt. Area rugs should be regularly cleaned.

Regular Vacuuming. The most important step in caring for a carpet is vacuuming.

Spot and Spill Removal. Use white cloth or paper towels. Apply mild, clear, non-bleach dishwashing liquid (1/4 teaspoon to 32 ounces water), or either white vinegar or ammonia (mixing 1 part vinegar or ammonia to 1 part water).

Overall Cleaning on a Regular Basis. Vacuuming will remove most of the dry soil, but it is also necessary to clean the carpet on a regular basis to remove oily, sticky soil that builds up in the pile. If this type of soil is allowed to accumulate, it begins to attract and hold the dry soil. If it is left too long on the carpet it may become gummy and difficult to remove. Shaw Industries recommends the hot water extraction system, commonly referred to as "steam cleaning." It is generally advantageous to use professional carpet cleaners because their equipment has more extraction power than the rental units typically available to the public.

From the Division of Child Development

The following rules are part of the Rules Governing the Sanitation of Child Care Centers 15 A NCAC 18A.2800:

Section .2821 BEDS, COTS, MATS, AND LINENS

- (a) All beds, cots or mats shall be assigned and labeled for each individual child, and equipped with individual linens. All linens shall be kept clean and in good repair.

Section .2824 FLOORS

- (b) Floors and floor coverings of all sleeping and play areas shall be constructed of easily cleanable, durable material.
- (c) Carpeting used as a floor covering shall be of closely woven construction, properly installed, and easily cleanable. Carpeting is prohibited in food preparation areas, equipment and utensil-washing areas, food storage areas, laundry areas, and toilet rooms.
- (d) All floors shall be kept clean and maintained in good repair.

Section .2826 LIGHTING AND THERMAL ENVIRONMENT

- (b) All rooms used by children shall be heated, cooled, and ventilated to maintain a temperature between 65 degrees F (19 degrees C) and 85 degrees F (30 degrees C). Ventilation may be in the form of operable windows which are screened or by means of mechanical ventilation to the outside. Windows and window treatments shall be kept clean and in good repair. All ventilation equipment, including heating and cooling vents, fans, and all special ventilation equipment which is required for kitchens and toilet rooms, shall be kept clean and in good repair.

Family Child Care Home requirements stated in 10 NCAC Subchapter 11 Child Care Rules Section 1700:

Section .1718 REQUIREMENTS FOR DAILY OPERATIONS

The operator shall provide the following on a daily basis for all children in care:

- (3) an individual sleeping space such as a bed, crib, play pen, cot, mat, or sleeping bag with individual linens for each pre-school aged child in care for four hours or more, or for all children if overnight care is provided, to rest comfortably. **The linens shall be changed weekly or whenever they become soiled or wet.**

8 • HEALTH AND SAFETY BULLETIN • DECEMBER 2001

NC Child Care Health & Safety Resource Center
1100 Wake Forest Road, Suite 100
Raleigh, NC 27604



POSTMASTER: Please deliver as soon as possible – time dated material enclosed

HEALTH BULLETIN

Vol. 5 No. 1

WRITERS:

Lisa Faison, Laura Margeson,
Jackie Quirk, Will Service.

SPANISH TRANSLATION:

Betzabe Butron-Riveros, Elia
Sustaita

This publication is produced by the North Carolina Child Care Health and Safety Resource Center and distributed to licensed child care facilities, CCR&R agencies, Smart Smart partnerships, DCD child care consultants, and child care health consultants throughout North Carolina.

You may download a copy of this publication from our website at:

www.healthychildcarenc.org

Articles may be reprinted without permission if credit is given to the bulletin and the material is not reproduced for commercial purposes.

FOR MORE INFORMATION

or if you would like to send comments

WRITE:

NC Child Care Health & Safety
Resource Center
1100 Wake Forest Road, Suite 100
Raleigh, NC 27604

OR CALL:

1-800-246-6731



10,000 copies of this document were printed at a cost of \$.46 per copy

Nonprofit Org
US Postage
PAID
Chapel Hill, NC
Permit No. 177