

## Illness Prevention



## PREVENTING THE SPREAD OF ILLNESS AND DISEASES

2013/2014

### What's inside:

- *Germ and Hand washing*
- *Safe Food Handling*
- *Immunization*



## Germes are Everywhere

Germes cannot be seen with the naked eye. They are small bacteria, viruses, and fungi that can cause disease and illness. Understanding germes helps us limit our exposure and prevent illness.

**Hand washing is the single most important thing you can do to prevent those germes from making us all sick.**

Some **bacteria** are good for the body and some cause illness. When the balance is met, the body functions as it should. When the harmful bacteria takes over cavities, urinary tract infection, digestive troubles or strep throat may result. Some bacteria are used to fight infection and produce vaccines.

**Viruses** can live a short time outside a body. Touching surfaces like counter tops, doorknobs, and toilet seats with body fluids on them may transfer these viruses from person to person.

**Fungi** are not usually dangerous to healthy persons. People with weakened immune systems may develop fungal infections.

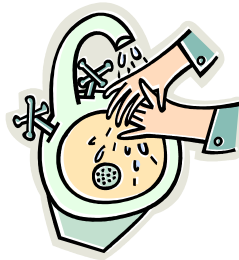
When germes invade the body, you feel tired, they use up nutrients and energy and produce toxins. These toxins cause the symptoms of the cold or flu: runny nose, sneezing, coughing, diarrhea, fever, increased heart rate and even life threatening symptoms. Doctors may take blood, throat cultures or urine samples to find out which germ is responsible.

Most germes spread through the air in sneezes or coughs. Learning to sneeze or cough into your elbow or shoulder keeps these germes off hands. This will lessen the chance of passing the germes on to other people and surfaces.

## Hygiene Practice

Many illnesses can be prevented by taking care of risks in the environment. Hand washing is the number one habit that can reduce the amount of colds a person gets. Following recommended procedures when preparing and storing food helps prevent the spread of food borne illness.

The NYS regulations require hand washing at the following times: at the beginning of each day, before and after medication, when dirty, after toileting, after diapering, before and after eating, after handling animals, after contact with any bodily secretions, and after coming in from outdoors.



## Hand Washing

- Use warm running water
- Rub soap on hands for two minutes, sing a song to make sure enough time is spent on this part
- Shake water drops off and wipe with disposable paper towels
- Towels should be dropped into a covered garbage can next to the hand wash sink.
- Apply hand lotion if hands are dry

**Help children learn good hand washing techniques!**

## Safe Food Handling



Select food at the market that is in good condition. Select fresh fruit and vegetables that are free from blemishes. Food packaging should be free from rips and tears, cans without dents. When returning from the supermarket, unpack groceries and refrigerate perishables immediately. Cook meats to the proper temperature and keep the kitchen clean. Clean and Sanitize surfaces that may have been contaminated with meat juices.

Keep meat wrapped so that drippings cannot contaminate other foods. It is a good idea to use a different cutting board for raw meats and vegetables.

Cooking meats to the proper temperature kills germs and makes it safe to eat.

Food	(°F)	Rest Time
<b>Beef, Pork, Veal, Lamb</b>	160	None
<b>Turkey, Chicken</b>	165	None
<b>Steaks, roasts, chops</b>	145	3 minutes
<b>Eggs</b>	Cook until yolk and white are firm	None
<b>Egg dishes</b>	160	None
<b>Leftovers &amp; Casseroles</b>	165	None
	165	None
<b>Seafood</b>	145 or cook until flesh is opaque and separates easily with a fork.	None

<http://www.foodsafety.gov/keep/charts/mintemp.html>

## Safe Food Handling (Continued)

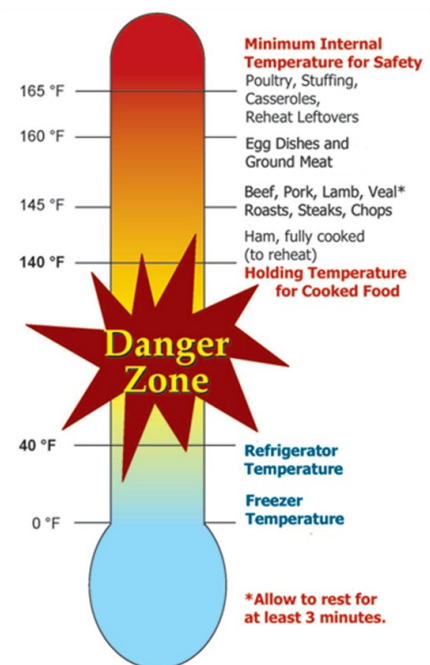
Some foods are more frequently associated with food poisoning or food borne illness. With these foods, it is especially important to:

- **CLEAN:** Wash hands and food preparation surfaces often. wash fresh fruits and vegetables carefully.
- **SEPARATE:** Don't cross-contaminate! When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods.
- **COOK:** Cook to proper temperature.
- **CHILL:** At room temperature, bacteria in food can double every 20 minutes. The more bacteria there are, the greater the chance you could become sick. So, refrigerate foods quickly because cold temperatures keep most harmful bacteria from multiplying.

### Keep Food Out of the "Danger Zone" 40-140°F

Leaving food out too long at room temperature can cause bacteria to grow to dangerous levels that can cause illness. Bacteria grow most rapidly in the range of temperatures between 40 °F and 140 °F, doubling in number in as little as 20 minutes. This range of temperatures is often called the "Danger Zone." Never leave food out of refrigeration over 2 hours. If the temperature is above 90 °F, food should not be left out more than 1 hour.

- Keep hot food hot — at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, or slow cookers.
- Keep cold food cold — at or below 40 °F.



## Immunizations

Children that attend child care or school must be immunized to prevent the spread of disease. Remind parents to keep the immunization form on record up to date when children receive a check up. All staff must also have up to date immunizations because they can get sick too. Most common childhood diseases are contagious. Be sure children receive all immunizations on schedule. Some people think that diseases no longer exist or are no longer a problem. The reason many diseases are no longer widespread is that people are immunized. If people stop receiving immunizations the diseases will come back.

## Germes are all around us

To prevent the spread of illness it is important to keep your hands, surfaces, and toys clean, to store and prepare food properly and be protected from disease by following the recommended immunization schedule. By taking these simple precautions we can limit the spread of illness.

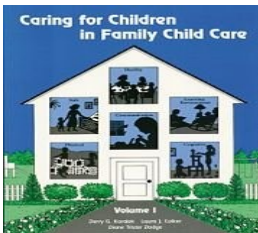
New York State Recommended Childhood and Adolescent Immunization Schedule								
A check ✓ means that this is the earliest and best time for your child to be immunized. If your child misses the "best time" for vaccination, he or she should still be immunized as quickly as possible. Ask your doctor about getting your child caught up.								
Vaccine against:	Age							
	Birth	2 months	4 months	6 months	12 months	18-24 months	4-6 years	11-12 years
Hepatitis A					✓	✓		
Hepatitis B	✓	✓ 1-4 mo.		✓ 6-18 mo.	Recommended for any child not previously vaccinated against Hepatitis B virus.			
Diphtheria, Tetanus, Pertussis (DTaP)		✓	✓	✓	✓ 12-18 mo.		✓	
<i>Haemophilus influenzae</i> type b (Hib)		✓	✓	✓ 1	✓ 12-15 mo.			
Polio (IPV)		✓	✓	✓ 6-18 mo.			✓	
Pneumococcal Disease (PCV7) <sup>2</sup>		✓	✓	✓	✓ 12-15 mo.	Ask your doctor if your child 2 years old or older should get vaccinated with PPV23. <sup>2</sup>		
Measles, Mumps, Rubella (MMR)					✓ 12-15 mo.		✓	
Varicella (Chickenpox)					✓ 12-15 mo.		✓	A second catch-up dose is recommended for any child who has had only one dose.
Rotavirus		✓	✓	✓ 1				
Tetanus, Diphtheria, Pertussis (Tdap)								✓ 11-18 yrs.
Meningococcal Disease (MCV4) <sup>3</sup>						Ask your doctor if your child 2 years old or older should get vaccinated with MCV4. <sup>3</sup>		✓
Human Papillomavirus (HPV)								✓ 4
Influenza				Recommended yearly for all children aged 6 months and older. Ask your doctor if your child should receive one or two doses.				

<sup>1</sup>For some types of Hib and Rotavirus, the 6-month dose is not needed.  
<sup>2</sup>PCV7 = Pneumococcal Conjugate Vaccine; PPV23 = Pneumococcal Polysaccharide Vaccine  
<sup>3</sup>MCV4 = Meningococcal Conjugate Vaccine  
<sup>4</sup>The HPV vaccine is given through a series of three shots over a 6-month period.

2378 New York State Department of Health 3/09

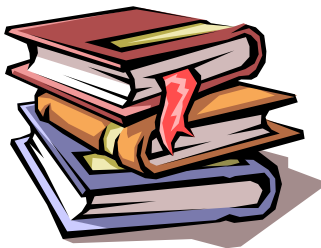


Core Body of Knowledge New York State's Core Competencies for Early Childhood Educators  
(5) Health, Safety and Nutrition Page 53-69



Caring for Children in Family Child Care Derry G. Koralek, Laura Colker, Diane Trister Dodge Teaching Strategies, Inc. Toni Bickart fourth printing 2005

Setting up for Infant/Toddler Care: Guideline for Center and Family Child Care Homes, NAEYC 1996 Anna belle Godwin and Lorraine Schrag



Caring for Our Children National Health and Safety Performance Standards, Guideline for Early Care and Education Programs American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education 2011,

Healthy Young Children, A Manual for Programs, American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education 2002 Susan S. Aronson, MD FAAP< Editor,

NYS Family Day Care Regulations

**Mission Statement:**

To support the community by expanding and promoting high quality Child Care that meets the needs of children & their families.

Visit our website [www.familyofwoodstockinc.org](http://www.familyofwoodstockinc.org)





CHILD CARE COUNCIL  
Serving Columbia, Greene and Ulster Counties

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**Food Program** - Cindy Eggers, ext. 130 and Tamar Reed ext. 137

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