



**Vol. 29 #3 Fall 2017** *For those of us who interact in the health of preschoolers*

Although Contact Newsletter will continue to be published four times each year, commencing November 14, 2017, the Child Care Initiative (CCI) program will be discontinued.

CCI was started by Edmonton Zone Public Health staff in 2003 to provide information and referral support to child care centre staff and parents. Since its inception, many more programs and resources have been put in place to meet the needs of our child care centre partners; perhaps in a more timely and efficient manner. For example:

- Health information is available 24 hours a day through Health Link and online at <https://myhealth.alberta.ca/>
- Child care centres have free access to the *Healthy Parents Healthy Children* resource on paper or online <http://www.healthyparentshealthychildren.ca/>
- Environmental Public Health provides a comprehensive course for child care workers that includes food safety, infection control, hand hygiene, and other health and safety concerns such as sun and chemical safety.

- The Outbreak Reporting pager is available 24 hours a day and an AHS Outbreak Prevention, Control and Management Toolkit is available.
- Current information regarding community resources can be accessed by calling 211.
- The Government of Alberta provides a Standards Manual for Alberta and Child Care Orientation Course.
- AHS Nutrition Services has a website titled *AHS Healthy Eating Starts Here; Child Care* at <http://www.albertahealthservices.ca/nutrition/Page8941.aspx>

CCI, with all the staff who have served, was a valuable program to support day cares for 14 years. As always, Public Health is responsive to our changing environment and will make adaptations as needed.

Thank you to all who have served in this capacity.

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**The next newsletter will come out in Winter 2017.**

**Call 780-735-3013 to join the Contact email distribution list.** Previous issues of Contact are posted on the AHS Website: <http://www.albertahealthservices.ca/services/page7664.aspx>  
 Contact is a publication of Edmonton Zone Public Health, Alberta Health Services. Information in Contact can be freely reproduced for educational non-profit purposes by child care centres in the Edmonton area. Information provided in Contact is not to be used for consultation during an emergency, to make or confirm a diagnosis, or to treat people, or as a substitute for obtaining medical advice, or for seeking treatment from a qualified doctor.

# Letter to the Public Health Nurse

**Dear Public Health Nurse**

What are some ways that I can stay healthy during the fall and winter season? I want to avoid spreading germs to young children (both at work and at home).

Gary

**Dear Gary,**

Alberta Health Services provides some tips that you will likely find helpful.



## Get Immunized

Good health isn't contagious. Influenza is. Chances are, you don't want influenza any more than your loved ones do. Getting your influenza immunization every season is the single most effective way to protect yourself from influenza. All Albertans six months of age & older should be immunized each season. Protect yourself. Protect others. Get immunized. Why Chance It?



## Clean Your Hands

Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing foods. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Make a point of keeping hands and fingers away from your eyes, nose and mouth.



## Cover Your Cough

Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.



## Stay Home When Sick

If you have symptoms of illness, including fever, cough, headache and extreme tiredness, stay home from work, school, daycare, or any social function. Please also refrain from visiting family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered from any illness.

For more information, visit the following page on the Alberta Health Services website:

<http://www.albertahealthservices.ca/influenza/Page12453.aspx>

Hope you and those you care for stay healthy this fall and winter.

Yours truly,

**Your Public Health Nurse**

# Do Bugs Need Drugs

Do Bugs Need Drugs – Add this webpage to your favourites today! <http://www.dobugsneeddrugs.org/>

Visit the “Do Bugs Need Drugs” website today! There is something for everyone on this page – including parents, health professionals, teachers, and kids! We all benefit when people learn more about handwashing, and how to use antibiotics safely.

We all have a role to play in keeping our community members healthy and preventing antibiotic resistance from developing.

## Do Bugs Need Drugs - Tip of the Week #9



Plain soap is just as good as antibacterial soap in preventing infections, but does not lead to antibiotic resistance. There is no advantage in using antibacterial soap.

## Do Bugs Need Drugs - Tip of the Week #30

Bacteria have antibiotic resistance when they cannot be killed by an antibiotic. Remember it is the bacteria that are resistant NOT YOU! Even very healthy people who have never taken antibiotics can become infected with antibiotic resistant bacteria from other sources.



**Do you know any kids who like interactive video games!  
Learn and play on Do Bugs Need Drugs!**



The screenshot shows the website header with a navigation menu (Home, About, Contact Us, Français), a search bar, and the site title "DO BUGS NEED DRUGS? A Community Program for Wise Use of Antibiotics". Below the header are four buttons: Educational Resources, Healthcare Professionals, Other Internet Resources, and KIDS. A breadcrumb trail shows "Home » Kids". The main content area displays a grid of six interactive game thumbnails: "BUG DEFENSE" (English/Français), "BUGGIN" (Wash the "bugs" off your hands and stay healthy), "Build A BUGSY" (PLAY JOUER), "Infection" (Drag and drop the antibiotics wisely to fight off the infection!), "When to Wash" (ENGLISH FRANÇAIS), and "BUGS" (ENGLISH FRANÇAIS).

# Packing Lunches – The Safe Way!

When September rolls around we are reminded that it's lunch packing season again! To prevent spoilage and food borne illness, here are a few tips that will help you keep your family's bag lunch safe every day.

## Keep it Clean

- Wash your hands before making lunches. Teach children to wash their hands before helping in the kitchen and before eating.
- Wash fruits and vegetables well, rubbing or rinsing them in clean running water. Scrub produce that are hard (like carrots, oranges, avocados, and melons) with a clean vegetable brush. Wash fruits and vegetables even if the rind or skin isn't going to be eaten.
- Wash or wipe reusable lunch bags and containers after using with warm soapy water, and dry.
- Wash kitchen utensils with warm soapy water or put them in the dishwasher.
- Wash sinks, countertops, and kitchen utensils that can't go in the dishwasher (like wooden cutting boards), and sanitize them with a mild bleach solution.

How to make a **mild bleach solution**:

- Mix ¼ tsp. bleach in 2 cups water or ½ tsp. bleach in 1 litre water

Change dishcloths, tea towels, and hand towels when dirty. Always change them after preparing raw meat, poultry, and fish.

## Keep Hot Food Hot

- Put hot food such as chili, soup, stew, and pasta in an insulated bottle. Pre-heat the bottle with boiling water for a few minutes, drain the water, and add the hot food.
- If you are using leftovers for school lunches, refrigerate them right after the meal. Use leftovers in a day or two. If served hot, re-heat food to at least 74 °C (165 °F).

## Keep Cold Food Cold

- Pack lunches in insulated lunch containers and add frozen freezer packs. Frozen single-sized juice boxes can also be placed in lunch bags to help keep food cold.
- Pack a chilled sandwich. Make the sandwich the night before and refrigerate. Freeze simple sandwiches, like cheese or sliced meat, to keep lunches cold.
- Put lunch items in an insulated lunch bag and chill overnight in the refrigerator. In the morning, add any frozen items so your child's lunch will stay cold longer.
- Chill food such as whole fruits and vegetables, crackers, nuts, packaged puddings, and unopened canned food. This helps keep the lunch cold.
- Remind your child to keep their cold lunch in a cool spot (not in the sun or near a heater).

## Other Tips

- Buy small amounts of cold cuts/deli foods to make sandwiches. Make sure they are used up by their "best before" date.
- Throw away any perishable food items that are not eaten at lunch time.

Source: MyHealth.Alberta.ca

Environmental Public Health

<https://myhealth.alberta.ca/alberta/Pages/Keeping-School-Lunches-Safe.aspx>



# Iron: Help Preschoolers in Your Care Get Enough

Iron is a mineral that helps move oxygen through the body and helps a child's brain to develop. When a preschooler does not get enough iron, they may not grow well, they may feel tired and cranky, and are more likely to get sick often. Help preschoolers in your care get enough iron from the foods they eat!

## Iron in food: Is it all the same?

Only some of the iron in food is absorbed; this means that only some of the iron from the food we eat is able to get into our bodies. There are 2 types of iron found in foods:

- **Heme iron is *absorbed best*** — found in meat, poultry (like chicken and turkey), and fish.
- **Non-heme iron** is absorbed less — found in plant foods, like legumes (e.g. beans, lentils, and chickpeas), grains, nuts, and some vegetables and fruit.

## Serve it up with Vitamin C...

Vitamin C helps the body absorb more iron. Serve foods rich in vitamin C, like vegetables and fruits, with foods rich in iron to help a preschooler get as much iron as possible. These foods are high in vitamin C: broccoli, cabbage, cauliflower, peppers, potatoes, tomatoes, oranges, cantaloupe, kiwi and berries.

## Offer foods rich in iron at each meal

Offer foods rich in iron from each food group in Canada's Food Guide, to help preschoolers get enough each day:

### Meat and Alternatives

- Add *beans, chickpeas and lentils* to soups, casseroles, sauces, salads, and chili.
- Serve ground *beef, pork, chicken or turkey* in meatloaf, meat pies, tacos, and pizzas.
- Use *iron-fortified cereal* to replace breadcrumbs in meatballs and hamburgers.
- Offer *hummus* as a dip with vegetables or mix into scrambled eggs or mashed potatoes.

### Grain Products

- Offer *whole grains*, like brown rice, whole-wheat pasta, and oatmeal at meals.
- Use *iron-fortified cereal* in baked goods, like pancakes and muffins. Half the amount of flour in most recipes can be replaced with iron-fortified cereal.
- Serve sandwiches on *whole grain* breads, tortillas and bagels.
- Sprinkle *wheat germ* on cereal or yogurt.

### Vegetables and Fruit

- Add dark green vegetables like spinach to smoothies, or peas to casseroles and soups.
- Serve avocado slices on soft whole grain toast. Add a squirt of lime juice for extra vitamin C and flavour.

### Milk and Alternatives

- Milk and Alternatives are high in calcium and vitamin D, but low in iron. More than 2 cups daily may make a preschooler less hungry for foods rich in iron.
- Offer milk at the end of meals to prevent a preschooler from filling up before they have eaten their meal.

Visit [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca) for more tips, recipes, and ideas to help the children in your care get the most nutrition from the foods they eat!



# Safety for Toddlers

## Preventing Falls

As toddlers learn to climb, their risk of falling in the home increases. To protect your toddler from falls, follow the same precautions as you would for babies.

Other ways to prevent a toddler from falling are to:

- move her to a toddler bed before she's tall enough to climb over the crib rails
- make sure that stair gates are installed at the top and bottom of stairs; use a gate that is anchored to the wall at the top of the stairs, not a pressure gate
- make sure that window safety devices are installed correctly
- make sure heavy furniture is placed away from windows and is secured to the wall
- supervise her closely when she is around any surface she can climb
- move furniture out of the way so she has a big, open area to walk in

## Preventing Other Injuries

Drowning, choking, scalds, burns and poisoning are other injuries that can happen in and around the home.

Toddlers and young children are attracted to water, but they don't understand its dangers. Toddlers can reach higher, can climb and love to explore. This means they may also be able to get access to products that are poisonous or dangerous.

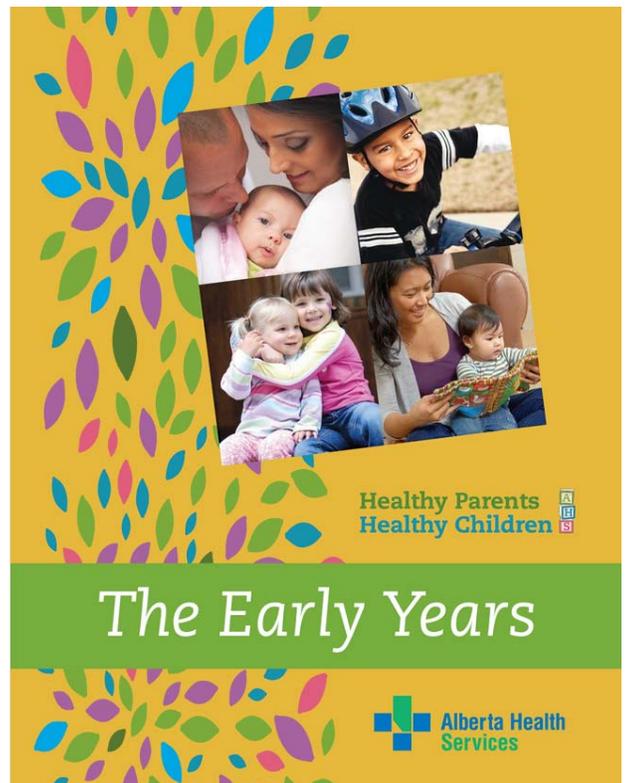
- Stay right beside your child whenever she is in, around or near water. Devices such as bath seats, lifejackets and water wings aren't a substitute for adult supervision.
- Food is the most common cause of choking for children. Avoid or modify food that can cause choking.
- Cut the loops of any blind cords and secure them out of reach.
- Help prevent scalds and burns by turning pot handles to the back of the stove, and turning down the temperature of your hot water tank. Put a screen around fireplaces.

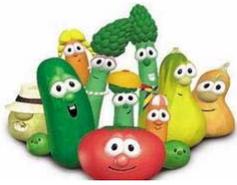
- Store anything poisonous (e.g., poisons, medicines, vitamins, cosmetics, household cleaners, alcohol) out of sight, out of reach and locked up. If you think your child has been poisoned, call the Poison Drug Information Service (PADIS) at 1-800-332-1414.

## Teaching safety rules

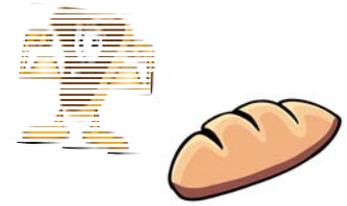
Safety rules can be taught, but it takes children time to learn them. You'll need to repeat them many times for many years. Look for chances to teach and model safety rules every day (e.g., look both ways before crossing the street), but don't rely on your toddler to follow them on her own or all the time.

Taken from Healthy Parents Healthy Children  
<http://www.healthyparentshealthychildren.ca/toddlers-1-and-2-year-olds/preventing-injuries/preventing-falls/>





# Recipe Page



## ZUCCHINI LOAF

Makes 50 slices (50 g)

Ingredients:	Imperial	Metric
Whole wheat flour	4 ½ cups	1.13 L
Cinnamon	5 tsp	25 mL
Nutmeg	1 ½ tsp	7.5 mL
Baking soda	2 tsp	10 mL
Baking powder	2 tsp	10 mL
Sultana raisins, seedless (see Tips section)	1 ½ cups	375 mL
All-bran Buds™	1 cup	250 mL
Eggs, whole medium	3 each	3 each
Canola oil	½ cup	125 mL
Yogurt, plain, 2% M.F.	1 ½ cups	375 mL
Milk, 2% M.F.	2/3 cup	150 mL
Brown sugar	1 ½ cups	375 mL
Vanilla extract	1 Tbsp.	15 mL
Zucchini, unpeeled, shredded	4 cups	1 L



### Directions:

1. Preheat oven to 350 °F (175 °C).
2. In a bowl, combine whole wheat flour, cinnamon, nutmeg, baking soda, baking powder, raisins and All-bran Buds™.
3. In a large bowl, beat eggs until foamy. Add canola oil, yogurt, milk, sugar and vanilla and stir until combined. Stir in shredded zucchini.
4. Gently fold dry ingredients into wet ingredients.
5. Spoon batter into 2 well-greased (with canola oil) 8" by 4" (20 cm by 10 cm) loaf pans.
6. Bake in oven for 55 minutes or until toothpick inserted into centre comes out clean.
7. Remove loaves from pans and let cool thoroughly (about 10 – 15 minutes) before slicing each loaf into 17 slices. Place 1 slice onto 50 serving plates.

### Recipe Tip:

- ✓ Raisins are a choking hazard and should not be offered to children under age 4. Omit the raisins for this age group.
- ✓ Shopping tip: 2 medium zucchinis will yield about 4 cups of shredded zucchini.

This recipe is from the website "AHS Healthy Eating Starts Here" – Child Care Recipes:

<http://www.albertahealthservices.ca/nutrition/Page8943.aspx>



# Resource Page

## Focus on... The “Outbreak Pager” (AHS - Edmonton Zone)

### Identifying and Reporting Suspect Outbreaks in Edmonton Area Child Care Facilities

Child care workers have an important role in helping control the spread of illness in their child care facility. Carefully watching the children for signs of an illness is called “disease surveillance” and is the first step in illness management. **Symptoms to watch for are:**

- Diarrhea
- Vomiting
- Fever
- Cough
- Rash illness
- Other clusters of unusual symptoms

Recording illness on a log sheet helps identify patterns or clusters of similar symptoms of illness at the Child Care Facility. These occurrences should be reported to Public Health for further assessment and follow up as appropriate.

### What is an “outbreak” of illness?

An **outbreak** may be suspected in a child care facility when there are **2 or more children with the same category of symptoms that started within 48 hours of one another.**

**If an outbreak is suspected** (as defined above), **it must be immediately reported** to the Office of the Medical Officer of Health, Edmonton Zone, Alberta Health Services (AHS):

**Monday to Friday** (between 8:30 a.m. and 5:00 p.m.) **(780) 445-7226 pager**

**After hours or weekends** (including statutory holidays) **(780) 433-3940**



**Each fall**, the Office of the Medical Officer of Health, Edmonton Zone, **mails an information package that reviews the outbreak processes in more detail is sent to all licensed childcare programs** in the Edmonton area. **Watch for it in your mailbox!**

You can also access the package online: <http://www.albertahealthservices.ca/medstaff/Page13790.aspx>

### Important Contacts for Child Care Providers

<p>Do you want information about community services? <b>Call 211</b></p>	<p><b>Government of Alberta Child Care Orientation Course</b> <a href="http://childcare.basecorp.com/home">http://childcare.basecorp.com/home</a></p>
<p><b>HealthLink</b> – Available 24 hours a day to answer your questions. <b>Call 811</b></p>	<p>AHS Environmental Public Health has some excellent resources for Child Care Agencies:</p>
<p><b>Healthy Parents Healthy Children online</b> <a href="http://www.healthyparentshealthychildren.ca/">http://www.healthyparentshealthychildren.ca/</a></p>	<p>→ <b>Environmental Public Health Education Courses</b> <a href="http://www.albertahealthservices.ca/3151.asp">http://www.albertahealthservices.ca/3151.asp</a></p>
<p>To look up health information online: <b>MyHealth.Alberta.ca</b></p>	<p>→ <b>Health &amp; Safety Guidelines for Child Care Facilities</b> <a href="http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-health-safety-guidlines-child-care-facilities.pdf">http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-health-safety-guidlines-child-care-facilities.pdf</a></p>
<p><b>Government of Alberta Family Day Home Standards Manual for Alberta</b> <a href="http://www.humanservices.alberta.ca/documents/family-day-home-standards-manual.pdf">http://www.humanservices.alberta.ca/documents/family-day-home-standards-manual.pdf</a></p>	<p>Call one number to report an outbreak or to ask questions about a possible outbreak. <b>Outbreak pager (780-445-7226)</b></p> <p><b>Outbreak Prevention, Control and Management Toolkit</b> <a href="http://www.albertahealthservices.ca/medstaff/Page13790.aspx">http://www.albertahealthservices.ca/medstaff/Page13790.aspx</a></p>



For ideas on creating a healthy eating environment, visit “**AHS Child Care Healthy Eating Starts Here**” website:  
<http://www.albertahealthservices.ca/nutrition/Page8941.aspx>