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# The Latest from Child Care Licensing

Winter 2008 Edition

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## Websites:

- Community Care Licensing  
[www.northernhealth.ca](http://www.northernhealth.ca)
- Recalls  
[www.healthycanadians.ca](http://www.healthycanadians.ca)
- Health Information  
[www.caringforkids.cps.ca/whensick/index.htm](http://www.caringforkids.cps.ca/whensick/index.htm)
- Hand Washing Posters  
[www.webbertraining.com](http://www.webbertraining.com)

## Contacts:

Northeast:  
Fort St. John: 250-263-6000  
Dawson Creek: 250-719-6500

Northern Interior:  
Prince George: 250-565-2150

Northwest:  
Terrace: 250-638-2507  
Smithers: 250-847-6400  
Prince Rupert: 250-624-7480

## A Message from the Regional Licensing Manager

Season's Greetings. I hope this newsletter finds you well and enjoying the holiday season. Over this last year, we have been busy providing training and consultation on the amended Child Care Licensing Regulation. It has now been in effect for one year and we are beginning to feel that we can accurately answer most questions as they arise.

In November, we launched our website for Community Care Licensing. It is our hope that the website provides another avenue for access to information about community care facilities and helps parents make informed choices about selecting licensed community care facilities.

We are also excited to be able to provide licensees with another way to access licensing information and forms that are needed from time to time. If you have any suggestions for additional documents that should be posted in the "Resources for Licensed Care Providers" page, let us know.

Northern Health is committed to reducing its carbon foot print and the licensing program would like to do its part. One way that we can help is to reduce the amount of paper that we use. In today's technological world, email plays an important role in providing timely, efficient and cost effective communication. This became evident in our follow-up to the nationwide Maple Leaf meat recall. We were able to send important recall information to many of our licensees. Over the next year we hope to develop our email contact list so that we can reduce costs and use of paper for letters, inspection reports and newsletters.

In the next year, we will be implementing our "field based data entry" project. This means that Licensing Officers will be using a computer to collect inspection information rather than completing a written report. The findings will be reviewed at the time of inspection and when the Licensing Officer returns to the office, a report is generated from the database and may be sent to the licensee as an email. If the licensee does not have email, a paper report can be faxed or mailed to the licensee.

In closing, I look forward to all that the New Year will bring to Licensing Officers and care providers. I wish you all best in 2009.

## Training Requirements

The owner/operator or a substitute employed in a Family Child Care, School Age Care or Occasional Care Facility must meet the qualifications of a "Responsible Adult" under Section 29 of the Child Care Licensing Regulation prior to being approved by Licensing. The operator or employee must have completed a course, or a combination of courses, of at least 20 hours duration in child development, guidance, health and safety or nutrition and must have relevant work experience. The owner/operator or a substitute of an In Home Multi-Age Child Care Facility must have completed the Early Childhood Education program and have a License to Practice.



It is important to note that training in the care of young children must be relevant to the age and care needs of the children that will be cared for by the child care provider. The following are examples of courses recognized by Northern Health:

### 1. Canadian Child Care Federation: Family Child Care Training Program

This course can be used by individuals, small groups or networks, coordinators, agencies, community colleges and other educational services. It can be delivered in a number of ways. For more information visit [www.cccf-fcsge.ca](http://www.cccf-fcsge.ca). Click on Publications and go to Family Child Care Training Project.

### 2. Western Canada Family Child Care Association: Good Beginnings, Introduction to Family Child Care

To receive information regarding current or upcoming Good Beginnings, Introduction to Family Child Care courses, please contact:

BC Family Child Care Training Hub  
200 West Broadway 3rd Floor, Vancouver, BC V5Y 3W2  
Fax: (604) 709-5662 Toll Free: 1-877- 262-0022 or (604) 709-5661 extension 233  
or visit the website at [http://www.wcfcca.ca/training\\_hub\\_fcc\\_course\\_content.shtml](http://www.wcfcca.ca/training_hub_fcc_course_content.shtml)

### 3. Northern Lights College: Family Child Care & School Age Care Certificate Programs

For more information about these courses, please contact-1-866-463-6652 or you can visit their website at [www.nlc.bc.ca](http://www.nlc.bc.ca)

### 4. College of the Rockies: Family Child Care Certificate

For more information, please contact Toll Free: 1-877-489-2687 (Main Campus) or (250) 489-2751 (local) or visit their website at [www.cotr.bc.ca/](http://www.cotr.bc.ca/)

### 5. University College of the Fraser Valley: Family Child Care Certificate

For more information about this course, please call the "admissions and records" office in Abbotsford at (604) 854-4501, or you can visit their [website at www.ucfv.bc.ca/](http://www.ucfv.bc.ca/)

## Sanitizing Information

Preventing the spread of illness is best accomplished using a multi-pronged approach. Hand washing and good personal hygiene practices are important steps to prevent person to person spread of bacteria and viruses. Surfaces in our environment such as telephones, countertops, handrails and doorknobs have lots of different hands touching them over time and become good spots for hitchhiking organisms to move from person to person. Good cleaning and sanitizing is an important step for reducing illness.

Infection control requires the sanitization of surfaces to reduce disease causing bacteria. Because bacteria and viruses like to hide behind protective barriers, it is important that the surface be cleaned first with soap and warm water.

Now you are ready to sanitize the surface. The most important thing to remember with sanitizers is to Read the Label before use! Make sure that you mix your sanitizers using the amounts as directed. Certain sanitizers will also require that you rinse the surface after application. Some sanitizers are not recommended for food contact surfaces; in this case, this product is not suitable for toys that may go into children's mouths.

The most common sanitizers have active ingredients of Chlorine (eg. Bleach), Quaternary Ammonium Chloride or Quat (eg. Fantastik) or Phenol (eg. Lysol). Chlorine is a cheap and effective sanitizer. It can be purchased in solution or made fresh daily onsite. A tsp of household bleach mixed with 1L of water will get you the required 100-200ppm solution. This should be sprayed on your pre-washed surface and allowed to air dry.

Quats can also be purchased in solution or for mixing with water. Ensure you follow the directions for mixing closely to achieve the required 200-400ppm concentration. Phenols, purchased premixed, require you to rinse the surface after use as they may be toxic to infants. While all the above are appropriate for general sanitation and the destruction of bacteria they are not all suitable to kill viruses. In the event of a vomit or diarrhea episode extra precautions should be taken. In this event, you should contact an Environmental Health Officer or your Licensing Officer for more information.

With all sanitizers it is important to remember that if mixed onsite they need to be re-made daily. If you follow the instructions, you will have the concentration of sanitizer that is needed. You may also use test strips, which should be available through a chemical supplier, to ensure that it is the appropriate concentration.



Hand washing is the single most effective way to prevent the spread of germs. To help remind children to wash their hands you can download these cute posters for free from [www.webbertraining.com](http://www.webbertraining.com)





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# NOROVIRUS

## General Information

### What are the signs and symptoms of Norovirus?

The symptoms of Norovirus illness usually include:

- Nausea and vomiting
- Watery NON-bloody diarrhea
- Abdominal cramps
- Muscle aches and pains
- Occasionally, low-grade fever

### How contagious is Norovirus illness?

HIGHLY contagious! It only takes a small amount of the virus to make someone ill and there are millions of virus particles in the vomit or feces of an infected person.

### How long does the illness last?

The incubation period is usually 24 to 48 hours before symptoms develop. The illness itself lasts one to three days. You could pass the virus on to others during both stages.

### How does Norovirus spread?

People become ill when they ingest (swallow) the virus:

- By putting their hands in or near their mouths after touching a contaminated surface.
- By chewing on contaminated objects (e.g. pens, pencils).
- By breathing airborne virus droplets after someone nearby has vomited.

### The Bad News: Contaminated surfaces can be anywhere!

Noroviruses can survive for a very long time on surfaces like door handles, tables, chairs and water fountain taps. In other words, all of the common things we touch every day.

### The Good News: HANDWASHING will help you stay healthy!

You CAN do things to reduce the chances of becoming ill.

#### **ALWAYS WASH YOUR HANDS:**

- After going to the toilet
- Before eating
- Before making food
- After changing baby diapers

There are other things you can also do to reduce your chance of becoming ill: keep your fingers and other objects, such as pencils/pens/toys, OUT of your mouth. In public washrooms, use a paper towel to shut off water taps and to open or close doors after you've washed your hands.

### What should I do if I have Norovirus?

**Stay home**, drink plenty of fluids and call your doctor if you have concerns. **Do not return to school, work, or daycare until 48 hours after your symptoms are gone because you could still be contagious. Wash your hands frequently, and do not**

**prepare food for others.**

### What if someone else is ill?

Since Norovirus is so contagious, a single case can become an outbreak in a matter of days; especially in schools, daycares or health facilities. If someone vomits, keep others away from the area.

Clean up carefully! Double-bag used paper towels or cloths. WASH the area with warm water and soap, THEN disinfect with a solution of one-third cup of bleach to one gallon of water. Don't forget to disinfect commonly touched surfaces door handles, counter or desk tops, and children's toys.

### Reporting Norovirus

It is important to notify Public Health Protection (PHP) if you suspect an outbreak of norovirus. PHP can help with management and control of a potential outbreak. (Community Care licensed facilities must follow their Policy for Communicable Disease, and schools must report absentee rates of 10 per cent or more due to illness).

### For more information, contact your local health unit:

Terrace: 250-631-4222  
Prince George: 250-565-2150  
Dawson Creek: 250-719-6500

## Funding Available for Play Spaces

The **Let's Play Project** has launched a second round of funding for the construction and renovation of accessible play spaces in British Columbia. The project, a joint initiative of the Rick Hansen Foundation and the Province of British Columbia, offers grants for the creation of accessible, public play spaces for children ages 0-6 in BC, and builds awareness about accessible play and related best practices.

Grants are available for accessible play space projects that meet the following criteria:

- Improve accessibility for children and caregivers with mobility-related disabilities
- Focus on accommodating children ages 0–6
- Located in the province of British Columbia
- Open and freely available for community use

**Let's Play** welcomes smaller-scale grant requests for projects focused on enhancing the accessibility of a current play space as well as requests related to larger construction and renovation projects.

**Deadline for applications: Friday, January 23, 2009**

Successful applicants will be announced in March 2009. Grants will be distributed in May 2009.

**Let's Play** is made possible with the support of the Province's \$2.5 million investment. Accessible play spaces complement ActNow BC, the Province's health and wellness initiative that promotes healthy living choices to improve the quality of life for all British Columbians.

For the past two years, the Rick Hansen Foundation has also been working together with the Ministry of Education to bring the Rick Hansen School Program to BC's schools. This program provides educational resources that foster a sense of social responsibility in youth, helping them to develop life skills and make a difference in their communities.

**Let's Play** links directly with the Rick Hansen Foundation's Schools In Motion and Wheels In Motion programs to make a difference in communities throughout British Columbia. Rick Hansen Schools In Motion was developed to celebrate the spirit of the Rick Hansen Man In Motion World Tour and provide students with the understanding that they can play a role in improving access and inclusion in the world around them.

For more information on **Let's Play**, please visit the website at [www.rickhansen.com/play](http://www.rickhansen.com/play) or call the Let's Play Coordinator at 604.707.2106.

