

Child Care Connection

MSDH Child Care Licensure Bureau

November 2020

“Bridging the gap between Child Care Providers and MSDH Child Care Licensure Division in order to provide a safe and healthy environment for Mississippian children and families.”

Important News for All Providers

Providers, just a reminder that during these next months children, parents, and staff are vulnerable to sickness. Please make sure that you are effectively cleaning and disinfecting your facility. Below is some information from CDC concerning cleaning and disinfecting. You can also, find more information in the Regulations in Appendix H.

Cleaning And Disinfecting Your Facility

COVID-19 VISIT <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

• **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.

High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

• Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

• **Recommend use of EPA-registered household disinfectant.** Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

• Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

• Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

• Leave solution on the surface for **at least 1 minute**

Bleach solutions will be effective for disinfection **up to 24 hours**.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

OR

- 4 teaspoons bleach per quart of water

• Alcohol solutions with at least 70% alcohol.

Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

• Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.

• Launder items (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

• Disinfect with an EPA-registered household disinfectant. These disinfectants meet EPA's criteria for use against COVID-19.

Electronics

• For electronics, such as tablets, touch screens, keyboards, remote controls, and ATM machines

• Consider putting a wipeable cover on electronics.

• Follow manufacturer's instruction for cleaning and disinfecting.

- If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.

Laundry

For clothing, towels, linens and other items

• Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

• Wear disposable gloves when handling dirty laundry from a person who is sick.

• Dirty laundry from a person who is sick can be washed with other people's items.

• Do not shake dirty laundry.

• Clean and disinfect clothes hampers according to guidance above for surfaces.

• Remove gloves, and wash hands right away.

Cleaning and disinfecting your building or facility if someone is sick

• Close off areas used by the person who is sick.

• Open outside doors and windows to increase air circulation in the area. Wait 24 hours before you clean or disinfect. If 24 hours is not feasible, wait as long as possible.

• Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, common areas, shared electronic equipment like tablets, touch screens, keyboards, remote controls, and ATM machines.

• If more than 7 days since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary.

- Continue routine cleaning and disinfection.

When cleaning

• Wear disposable gloves and gowns for all tasks in the cleaning process, including handling trash.

- Additional personal protective equipment (PPE) might be required based on the cleaning/disinfectant products being used and whether there is a risk of splash.

- Gloves and gowns should be removed carefully to avoid contamination of the wearer and the surrounding area.

• Wash your hands often with soap and water for 20 seconds.

- Always wash immediately after removing gloves and after contact with a person who is sick.

• Hand sanitizer: If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

• Additional key times to wash hands include:

- After blowing one's nose, coughing, or sneezing.

- After using the restroom.

- Before eating or preparing food.

- After contact with animals or pets.

- Before and after providing routine care for another person who needs assistance (e.g., a child).

Additional Considerations for Employers

• Educate workers performing cleaning, laundry, and trash pick-up to recognize the symptoms of COVID-19.

• Provide instructions on what to do if they develop symptoms within 14 days after their last possible exposure to the virus.

• Develop policies for worker protection and provide training to all cleaning staff on site prior to providing cleaning tasks.

• Training should include when to use PPE, what PPE is necessary, how to properly don (put on), use, and doff (take off) PPE, and how to properly dispose of PPE.

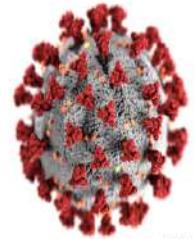
• Ensure workers are trained on the hazards of the cleaning chemicals used in the workplace in accordance with OSHA's Hazard Communication standard (29 CFR 1910.1200).

• Comply with OSHA's standards on Bloodborne Pathogens (29 CFR 1910.1030), including proper disposal of regulated waste, and PPE (29 CFR 1910.132).

For facilities that house people overnight:

• Follow CDC's guidance for colleges and universities. Work with state and local health officials to determine the best way to isolate people who are sick and if temporary housing is needed.

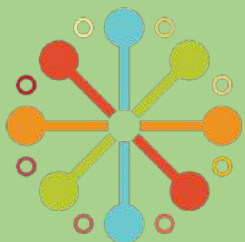
• For guidance on cleaning and disinfecting the bedroom/bathroom for someone who is sick, review CDC's guidance on [cleaning your home if someone is sick](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Breaking News: 121 Forms

MSDH Office of Immunization is excited to share with you [MyIRmobile.com](https://www.myirmobile.com). MyIR is a public website that allows parents access to their children Mississippi Certificate of Immunization Compliance (Form 121), if immunizations are up-to-date. We encourage you to share this information with your parents. Parents can register for MyIR by going to [MyIRmobile.com](https://www.myirmobile.com)



MyIR Mobile

Reminder

Immunization During COVID-19

Providers, it's important that you encourage parents to continue to receive routine vaccinations during the COVID-19 outbreak. CDC released a report in May 2020 that showed an alarming drop in routine childhood vaccinations due to families following the public health orders to stay home. According to the CDC website, "CDC and the American Academy of Pediatrics (AAP) recommend every child continues to receive routine vaccinations during the COVID-19 outbreak."

For more information of routine vaccinations please visit the following link below:

<https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html>

Reference: www.cdc.gov

Pumpkin Fun!



Give Them More
of the
Good Stuff!

Pumpkin Basics

Canned Pumpkin

- Canned pumpkin is convenient and available year round.
- Unopened canned pumpkin is safe to eat for up to 5 years after the 'use by' or 'best by' date if the can has no dents, rust or swelling.
- Once opened, canned pumpkin can be kept in the refrigerator for 3 to 4 days.

Pumpkin is a very good source of vitamins A and C, potassium and fiber.

Shop and Save

- Pumpkins are a type of winter squash available in October and November.
- Pumpkins grown for cooking are called "pie pumpkins" and usually weigh from 2 to 10 pounds. Their flesh makes a smooth and flavorful puree.
- Choose pie pumpkins that are firm and heavy for their size, without cracks or soft spots.
- Each pound of uncut pumpkin will provide 1 to 1 1/2 cups of cooked puree.
- Seeds can be dried and saved for growing pumpkins next year.

The Parts of a Pumpkin



Pumpkins grown for carving are often large and have a thinner wall of flesh that can be cooked but the texture and flavor are not pleasant.



Store Well Waste Less

- Store whole pumpkins in a cool, dark and dry place for up to 3 months.
- Scrub pumpkins under running water before cutting or cooking. Once cut, wrap tightly and store in the refrigerator for up to 1 week.

- Freeze cooked or unused canned pumpkin to use later. Package in airtight containers and use within 1 year.
- Roast the seeds from any type of pumpkin.



This material was funded by USDA Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low incomes. SNAP can help you buy more food for a better diet. To find out more, contact Oregon's SafeNet at 211. USDA is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/caregiver status, income derived from a public assistance program, genetic information, veteran status, approval or disapproval for prior civil rights activities. Other self-prohibited bases apply to all programs. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



Enjoy Pumpkin

Pumpkin Breakfast Cookies

- Ingredients:**
- 1 can (15 ounces) pumpkin (1 3/4 cup)
 - 1 cup packed brown sugar
 - 2 eggs
 - 1/2 cup vegetable oil
 - 1 1/2 cups all-purpose flour
 - 1 1/4 cups whole-wheat flour
 - 1 Tablespoon baking powder
 - 2 teaspoons cinnamon
 - 1 teaspoon nutmeg
 - 1/4 teaspoon ground ginger
 - 1/2 teaspoon salt
 - 1 cup raisins or other dried fruit
 - 1 cup chopped nuts, any type



Visit FoodHero.org for easy, tasty recipes using pumpkin.

- Directions:**
1. Preheat oven to 400 degrees F.
 2. In a large bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well until smooth.
 3. In another bowl, stir the flours, baking powder, cinnamon, nutmeg, ground ginger and salt together. Add to the pumpkin mixture and mix well.
 4. Stir in raisins and nuts.
 5. Drop the dough by a tablespoon on to a greased baking sheet, 1 inch apart.
 6. Gently flatten each cookie with the back of a spoon.
 7. Bake 10 to 12 minutes until tops are dry and begin to brown.

Makes 48 cookies
Prep time: 20 minutes
Cook Time: 10 to 12 minutes per baking sheet

Turkey Pumpkin Chili

- Ingredients:**
- 1 teaspoon vegetable oil
 - 1 pound ground turkey (15% fat)
 - 3/4 cup chopped onion
 - 1/2 cup chopped green pepper
 - 2 cloves garlic, minced
 - 1 can (15 ounces) kidney beans, drained and rinsed
 - 1 can (15 ounces) white beans, drained and rinsed
 - 1 can (15 ounces) pumpkin (1 3/4 cup)
 - 1 can (15 ounces) diced tomatoes
 - 2 cups low-sodium broth
 - 2 Tablespoons packed brown sugar
 - 1 package (1.25 ounces) taco seasoning

- Directions:**
1. Heat oil in a large saucepan on medium heat; add turkey, onion, green pepper and garlic.
 2. Cook and stir, breaking turkey apart until it is browned and vegetables are tender.
 3. Stir in beans, pumpkin, tomatoes, broth, brown sugar and seasoning.
 4. Bring to a boil, then reduce heat to low. Cover and simmer for 1 hour, stirring occasionally.
 5. Refrigerate leftovers within 2 hours.

Makes 10 cups
Prep time: 15 minutes
Cook Time: 1 1/2 hours

Kids Can!

- When kids help make healthy food, they are more likely to try it. Show kids how to:
- gather ingredients and tools for cooking.
 - measure and mix ingredients.
 - drop cookies on greased baking sheet and flatten before baking.

Stress Management

TRAINING

The MSDH Child Care Licensure online training calendar has been updated with a variety of virtual trainings through the month of December. Please visit the link below to view the calendar and register for training:

Calendar and Registration form link-
https://www.msdh.ms.gov/msdhsite/s_tatic/30.21440.183.437.html

Avoid Unnecessary Stress

Not all stress can be avoided, and it's not healthy to avoid situations that need to be addressed. However, a number of stressors can be eliminated by:

- Increasing awareness and identifying stressors
- Learning how to say "no"
- Avoiding people who stress you out
- Taking control of your environment
- Avoiding hot-button topics
- Trimming down your to-do list
 - Remaining optimistic
 - Setting realistic goals
 - Working toward goals the smart way



Adjust to the Stressor

If you can't change the stressor, change yourself. You can adapt to stressors and regain a sense of control by amending your expectations and attitude:

- Reframe problems
- Look at the big picture
- Adjust your expectations and attitudes
- Focus on the positive
- Use humor and distraction
- Engage in mindfulness and stress relief
- Problem solve
- Use encouraging self-talk



Make Time for Fun and

You can also reduce stress by nurturing yourself. Increase your resistance to stress by making these a part of your routine:

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep
- Spend time in nature
- Write in your journal
- Set aside relaxation time
- Connect with others
- Do something you enjoy every day

Accept what You Can't Change

Some sources of stress are unavoidable. Acceptance may be difficult but more beneficial in the long run:

- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive
- Let go of stressful thoughts
- Let go of anger



Change the Situation

If a stressful situation cannot be avoided, try to change it:

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better
- Prioritize
- Use effective communication strategies
- Stay organized
- Be true to yourself



THE COUNSELING CENTER

Health Sciences Building, Rm. J-15
168 Concord Avenue
New York, NY 10021

Phone: (212) 690-8222

Fax: (212) 690-8227

E-mail: counseling@ccny.cuny.edu