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Prevent Shigella in Your Center

Recently, you may have received a call from us telling you to make sure you're following the proper diapering and handwashing procedures. (See proper procedures below.) A highly infectious disease known as Shigellosis has been diagnosed in several childcare centers. Shigellosis is caused by a group of bacteria called Shigella and is reportable to your local health department.

Shigella is transmitted from the stools of an infected individual to the mouth of another. This transmission usually occurs via someone's fingers or a toy. Frequent hand washing is one of the most effective methods of protecting yourself from shigellosis as well as many other communicable diseases. Also, make sure you are sanitizing the toys in your classroom on a regular basis.

The symptoms of Shigellosis include diarrhea, fever, and stomach cramps. However, some people may be infected but not demonstrate any of the symptoms. This is a problem because those people can still shed the bacteria and make others sick. Sometimes the symptoms are so severe that the patient needs to be hospitalized. This is especially true for young children and the elderly.

Shigellosis can be diagnosed through

stool samples. If the sample comes back positive for Shigellosis, your family physician can recommend appropriate treatment.

Source: www.cdc.gov



Handwashing Steps

- 1) Make sure a clean, disposable paper towel is available.
- 2) Turn on warm water and wet hands.
- 3) Pump soap into hands.
- 4) Rub hands together for 15 to 20 seconds, remembering to wash between fingers, fronts of hands, backs of hands, under nails, and around wrists.
- 5) Rinse hands under warm, running water.
- 6) Dry hands with clean, disposable paper towel.
- 7) Turn off water with paper towel.
- 8) Throw paper towel away.

**Diapering Steps continued on
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Diapering Steps

- 1) Check to see if all your supplies are ready.
- 2) Put gloves on.
- 3) Lay child on table. Never leave child unattended.
- 4) Clean child's bottom from front to back.
- 5) Put disposable diaper in lined covered trash can.
- 6) Remove soiled gloves and put in a lined covered trash can.
- 7) Use disposable wipes to clean your hands, then the child's hands.
- 8) Diaper and dress the child.
- 9) Wash the child's hands with liquid soap and warm water for 20 seconds.
- 10) Return the child to a supervised area.
- 11) Clean and sanitize diaper changing surface AND any toys or objects touched during the diaper change.
- 12) Wash your hands.

Source: Training into Practice Project (2003), UK

Quit & Win Contest
 Quit smoking, chewing or dipping for 30 days. For more information, please visit www.quitandwinky.com

Cigarettes

Recipe: When the chemicals listed below are mixed together to make cigarettes, they make the only thing that, when used as intended, KILLS.

Ingredients:

- Toilet Cleaner (ammonia)
- Lighter Fluid (butane)
- Sewer Gas (methane)
- Bug Killer (nicotine and DDT)
- Rubbing Alcohol (ethanol)
- Dead Body Preservative (formaldehyde)
- Barbecue Lighter (hexamine)
- Car Exhaust (carbon monoxide)
- Paint Stripper (acetone)
- Mothballs (naphthalene)
- Rat Poison (arsenic)
- Industrial Solvents (toluene)

- Gas Chamber Poison (hydrogen cyanide)
- Candle Wax (stearic acid)
- Rocket Fuel (methanol)



Time to Leave the Pack Behind!

A FREE Community-Wide Smoking Cessation Class
 Using the Cooper Clayton Method to Stop Smoking
 2 FREE weeks of using the Nicoderm CQ patch or Commit lozenge

Date: Tuesdays (12 weeks)

Begins September 6, 2005

Time: 5:30-6:30 pm

Location: Lexington-Fayette County Health Department

650 Newtown Pike

Call to register (859) 288-2423.

with relapse prevention

- Participants utilize nicotine replacement products like nicotine gum and patches
- Facilitators are trained professionals
- Participants are responsible for purchasing their nicotine replacement products

Quit & Win Contest

The registrants of the contest will quit smoking, chewing or dipping for 30 days with the support of a buddy for a chance to win a cash prize!

For more information please visit www.quitandwinky.com

- Proven effective for long-time, heavy users
- Provides education and support

The Food Guide Pyramid Has a New Look

The pyramid has a new look! The Food Guide Pyramid has been revised; it's now called MyPyramid. Not only does it have a new look, there are several other changes. One of the biggest changes in the revised pyramid is that it is interactive and personalized. An interactive website allows you to go online and obtain your personalized pyramid. This is an improvement because now, for example, a 20-year-old male doesn't have the same nutrition recommendations as a 40-year-old female.

Another one of the major changes is the incorporation of physical activity into the recommendations. We've always said you need both proper nutrition and physical activity to improve overall fitness. The little figure walking up the steps



The New MyPyramid

All foods are encouraged; the width of the food group denotes how much of our diet should come from that food group. There is a focus on the lower fat versions of grains, dairy, and meat.

Serving sizes are in cup and ounce measurements to prevent confusion.

on the side of the new MyPyramid demonstrates this recommendation. Thirty minutes of moderate activity is recommended with an upper recommendation of 60-90 minutes per day.

Other recommendations include:

- Making at least half of your grain servings “whole grains”
- Eating plenty of fruits and vegetables
- Eating low fat milk and meat products

Find the pyramid that's right for you. To check out your personalized MyPyramid, you can go online at www.mypyramid.gov, click on “My Pyramid Plan,” and type in your information (age, sex, & physical activity level). Click “Submit,” and the website will take you to your personalized food pyramid.



The Old Food Guide Pyramid

We used to work our way up the pyramid...eating more of the foods at the bottom and less of the ones at the top.

Serving sizes became confusing. Many people were asking, “What is a serving?”

Vitamin A

Vitamin A is one of the key vitamins that helps keep your eyes healthy. Here are some good sources of vitamin A!

Acorn squash
Apricot
Broccoli
Cantaloupe
Carrots
Kale
Leaf lettuce
Mandarin orange
Mango
Mustard greens
Nectarine
Papaya
Peach
Prunes
Pumpkin
Red bell pepper
Romaine lettuce
Spinach
Sweet potato
Tangerine
Tomato
Turnip greens

Source: Texas Department of Health

*“The first wealth is health.”
~Ralph Waldo Emerson*

Healthy Start Child Care Classes

The school year is quickly approaching! Do you have your fall schedule calendars completed? Remember that Healthy Start in Child Care offers a variety of children's classes at no charge! All you have to do is call, and we'll schedule a time to come to your center and talk to the children in your classroom!

We offer a variety of classes on health, safety, and nutrition topics. Our handwashing class with Glo-germ and Healthy Teeth class with Max or Ollie (the "toothy" puppets) are very popular classes. The children get free toothbrushes and floss when we teach a Healthy Teeth class.

Here is a list of some of our other free classes:

- Nutrition
- Fitness
- Stranger Safety
- Dog Safety
- Bicycle Safety
- Feelings
- Fire Safety
- Going to the Doctor
- Gun Safety
- Talking about Touching (series)

If you are interested in any of the above classes, please call 288-2308.

Children's Tylenol Recall

Children's Tylenol Meltaways 80 mg., children's Tylenol SoftChews 80 mg, and Junior Tylenol Meltaways 160 mg. have been recalled.

All lots and all flavors are included. The recall is due to issues regarding the design of the blister package, information on the package, and bottle cartons for the products that may be confusing and lead to improper dosing, including overdosing. If any of these products have been brought in by parents, please return them with this notice.

Child Care News and Views is a publication of the Healthy Start in Child Care Program at the Lexington-Fayette County Health Department. For more information, please contact Karen Jones at (859) 288-2308 with any comments or questions.



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Look inside for our
Fall 2005 list of
provider classes.