



DURHAM REGION
HEALTH DEPARTMENT

Wee Care

Fall / Winter 2023



Newsletter

NEW – Child Care Centre Infection Prevention and Control (IPAC) Online Learning Modules Now Available at Durham.ca

The Durham Region Health Department, Health Protection Division – Child Care Program is pleased to announce that our updated [Child Care Centre Infection Prevention and Control \(IPAC\) Online Learning Modules](#) are now available to access at Durham.ca via the following link:

durham.ca/en/doing-business/operating-a-child-care-centre.aspx#Access-the-learning-module

Follow the instructions on the website to register and then login to access the modules.

The 5 learning modules provide important infection prevention and control (IPAC) information on the following topics:

- The Chain of Transmission
- Hand Hygiene
- General Hygiene and Disinfection
- Environmental Controls
- Outbreak Management

The entire set of modules should take roughly 1½ - 2 hours to complete, but you can exit the program and return to the point you left off at any time if you are not able to complete all modules in one sitting.

There is a short quiz at the end of the 5th module to test your acquired knowledge and the effectiveness of the modules. A score of 80% is required on the quiz in order to receive a dated certificate of completion.

Because we feel the information contained in the IPAC modules is valuable, we strongly encourage all child care staff, and particularly new staff, to review the modules, take the associated quiz, and to save or print their certificate of completion annually.



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Pest Control is Critical in Child Care Centres

There are several risks associated with pests within a child care facility. Rodent and or insect pests can:

- contaminate food, food contact surfaces, toys, bedding, and other equipment
- spread disease to humans
- compromise food packaging, resulting in food loss
- cause equipment and property damage

It is important to control the risks associated with pests by:

- taking measures to prevent pests from entering your child care facility
- routinely monitoring to quickly detect and eliminate pests
- preventing access to food and food contact surfaces

Responsibilities under Ontario Regulation 493/17, Food Premises

All licensed child care centres store, prepare, and/or serve food, and are therefore subject to the requirements of Ontario Regulation 493/17, Food Premises.

Section 13 of the regulation specifies that:

- (1) *Every food premise shall be protected against the entry of pests and kept free of conditions that lead to the harbouring or breeding of pests.*
- (2) *Every operator of a food premise shall maintain records of all pest control measures that are undertaken in the premise and shall retain the records for at least one year after they are made.*

Monitoring for Pests

All areas of the child care facility should be monitored routinely by all child care staff for the presence of:

- live pests
- dead animals
- droppings
- damaged packaging
- chew marks
- spider webbing / insect nests
- animal smells
- rodent nests / harbourage areas





Pest Control is Critical in Child Care Centres (cont'd)

Controlling and Eradicating Pest Infestations

It is important to institute pest control measures quickly to reduce and remove any pests that manage to enter your facility.

Once you identify a pest infestation you need to immediately contract a licensed pest control operator (PCO) to address the problem in a safe and effective manner using an integrated pest management (IPM) strategy.

For a rodent infestation, only traps may be used in any food storage, food preparation, or food service areas within a child care centre.

If rodent bait (poison) stations are necessary, they can only be placed in non-food areas of the child care facility to prevent accidental contamination of food. They should also not be placed in any areas where children or staff might accidentally come into contact with them.

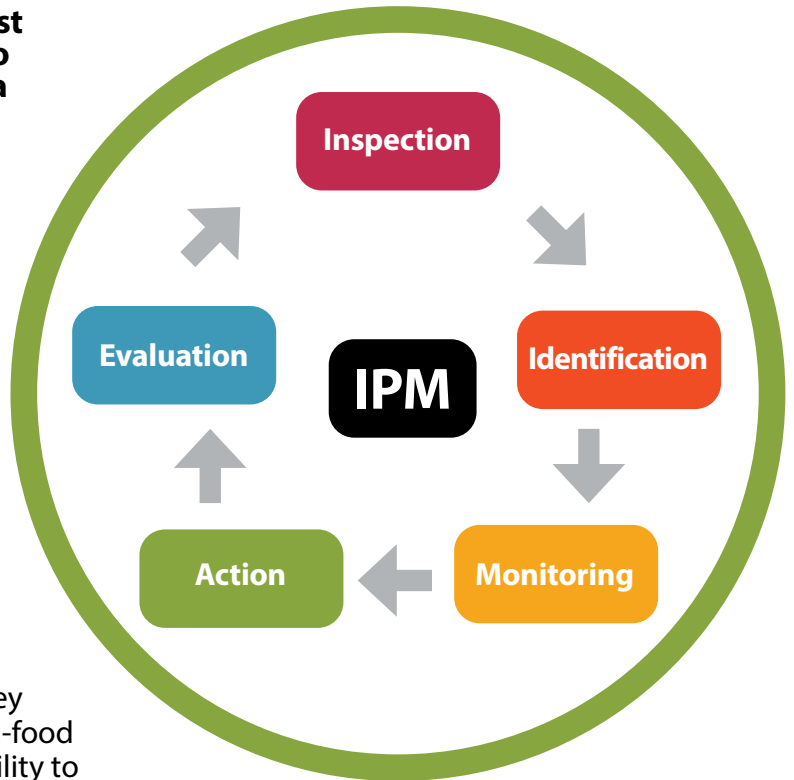
Non food areas would include mechanical / furnace rooms, offices, garbage areas, staff washrooms / locker rooms, inside wall cavities or vents, and/or select areas outside of the facility.

Rodent baits must be in block form, and not pellets, granules or powders, to prevent rodents from transporting the bait and contaminating food.

It is the child care operator's responsibility to retain all monitoring and pest control records on site for a period of at least 1 year. Be sure to have monitoring procedures in place, and request and maintain detailed records of all visits by your licensed pest control operator.

Make sure you understand and routinely review your pest control operator's pest control strategy. This is particularly important if the pest control infestation does not appear to be resolving in a timely manner.

Finally, feel free to reach out to your area public health inspector for further consultation and assistance.



Illness Assessment Tools

If a child or a member of your child care staff has any symptoms of respiratory or enteric illness or if they have tested positive for COVID-19 they should use the [Ontario Self Assessment Tool](#) to determine whether they are well enough to attend your child care centre.

If any children or staff develop symptoms of illness or infection during the day, while attending your child care centre, you can use the following Illness Exclusion Versus an Outbreak chart as well as our [Guidelines for Infectious Diseases Reporting & Exclusion](#) document to assist in determining what actions you must take to minimize the potential for spread.

Illness Exclusion Versus an Outbreak



Enteric Illness

Scenario	Exclusion	Outbreak Status	Return Policy
One child/staff with 1 episode of enteric symptom(s)* within a 24-hour period	Child/staff must be excluded immediately and sent home	No outbreak to report	Ill child/staff must be symptom free for at least 48 hours and no fever is present
One child/staff with 2 episodes of enteric symptom(s)* within a 24-hour period	Child/staff must be excluded immediately and sent home	No outbreak to report	Ill child/staff must be symptom free for at least 48 hours and no fever is present
Two or more children/staff with 1 episode of enteric symptom(s)* each within a 24-hour period	Children/staff must be excluded immediately and sent home	No outbreak to report	Ill children/staff must be symptom free for at least 48 hours and no fever is present
Two or more children/staff with 2 episodes of enteric symptom(s)* each within a 24-hour period, but no epidemiological link within the centre (i.e., not in the same room, etc.)	Children/staff must be excluded immediately and sent home	No outbreak to report	Ill children/staff must be symptom free for at least 48 hours and no fever is present
Two or more children/staff ill with initial symptom onset within a 48-hour period AND have an epidemiological link within the centre (i.e., same room, etc.). Each child/staff had 2 or more episodes of enteric symptom(s)* within a 24-hour period.	Children/staff must be excluded immediately and sent home	Outbreak definition met. Report cases to the health department for further outbreak investigation. Contact (905) 668-2020 and ask to speak with a Public Health Inspector.	Ill children/staff must be symptom free for at least 48 hours and no fever is present

*Symptoms include diarrhea (i.e., loose/watery stool) and/or vomiting

Respiratory Illness

Scenario	Exclusion	Outbreak Status	Return Policy
One child/staff experiencing respiratory symptom(s)**	Child/staff must be excluded immediately and sent home	No outbreak to report	Ill child/staff must have symptom(s) improving for at least 24 hours and no fever is present
Two or more children/staff experiencing respiratory symptom(s)** each within a 72-hour period, but no epidemiological link within the centre (i.e., not in the same room, etc.)	Children/staff must be excluded immediately and sent home	No outbreak to report	Ill children/staff must have symptom(s) improving for at least 24 hours and no fever is present
Two or more children/staff experiencing respiratory symptom(s)** each within a 72-hour period AND have an epidemiological link within the centre (i.e., same room, etc.)	Children/staff must be excluded immediately and sent home	No outbreak to report As of January 2022, respiratory outbreaks will not be declared until further notice	Ill children/staff must have symptom(s) improving for at least 24 hours and no fever is present

**Symptom(s) are new, worsening, and not related to other known causes or conditions. Respiratory symptoms include cough, runny or stuffy/congested nose, sore throat, shortness of breath, fever and/or chills.



(905) 668-2020 / 1 (800) 841-2729
Durham.ca/Childcare

DUHEV 600 – March 2023



Minimum Sink Requirements for Child Care Centres

(October 6, 2023)

Requirements for Provision of Hot and Cold Water at Sinks

The health department requires generally that hot and cold running water be continuously provided at all sinks within the child care centre (i.e. the kitchen hand wash sink, dishwashing sinks, classroom sinks, washroom sinks, and diapering sinks).

Both hot and cold running water must be provided for the dedicated hand wash sink, dishwashing sinks, and/or mechanical dishwashing equipment in the kitchen/servery.

However, it is acceptable and may be necessary to use tempered water as an alternative at any washroom sinks, diapering sinks, or classroom sinks if children have access and if hot water temperatures are higher than 49°C/120°F and an issue for potential scalding.

Child care centres operating within schools may need to co-ordinate with the school/school board to install tempering devices to ensure water is maintained at 49°C/120°F or lower at these sinks.

Before and After School Program: Handwashing and Dishwashing Sink Requirements

In order to better align with our Food Safety Program requirements under the [Ontario Food Premises Regulation](#), and to ensure that all foods are prepared and served in a safe manner, the health department will be requiring that before and after school programs have access to the following minimum number of sinks:

- Any before and after school programs that are doing any food preparation and handling (e.g. slicing cheese, meats, or eggs, cutting fruits or vegetables, portioning yogurt from a bulk container, etc.) using any multi-use utensils (such as a carving knife, cutting board, serving spoon, tongs, etc.) must have access to and use:
 - a dedicated handwash sink – to be located in the area where food is being preparedAND EITHER
 - a 2 compartment sink or commercial dishwasher – if not using any multi-service articles (e.g. re-usable cups, bowls, plates, and/or eating utensils – knives, forks, spoons)OR
 - a 3 compartment sink or commercial dishwasher – if using any multi-service articles (as above)

Note: While the dedicated handwash sink must be located in the area where food is being prepared (e.g. kitchen/servery or before and after school classroom), the 2 or 3 compartment dishwashing sinks or commercial dishwasher could be located nearby (e.g. in a consistently available staff room or alternate classroom).

Minimum Sink Requirements for Child Care Centres (cont'd)

- Any before and after school program that does not have access to either the minimum number of dishwashing sinks or a commercial dishwasher in addition to a dedicated hand wash sink, must revert to:
 - serving only pre-packaged, single portion, food items that do not require any further food handling/preparation and do not require the use of any multi-use utensils (e.g. cutting boards, trays, serving spoons, knives, or tongs, etc.) or any multi-service articles (e.g. re-usable plates, cups, knives, forks, spoons for use by children).
 - Examples of pre-packaged, single portion food items would include: individually packaged cheese slices or meat sticks, yogurt cups, apple sauce, boxed raisins, granola bars, other commercial baked goods (e.g. muffins, cookies), single portion milk or juice containers, whole fruits.
 - **Note:** It is acceptable to pour milk or juice from a bulk container (bag or carton) into single-use, disposable cups, and/or to pour milk or cereal from a bulk container into single-use, disposable bowls (children to use single use, disposable spoons) as these actions do not require any direct food handling or preparation and do not require any subsequent washing of utensils or food service articles.



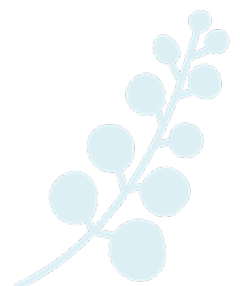
If you require clarification with respect to your circumstances and any of the above-noted sink requirements, please consult with your area public health inspector.



Respiratory Virus Data Tracker

The Durham Region Health Analytics & Research Team (HART) has just launched its new [Respiratory Virus Data Tracker](#). The Tracker replaces both our COVID-19 and Influenza Data Trackers and presents all data together to provide an understanding of the overall respiratory season.

The Tracker includes data on cases, test positivity, hospitalizations, mortality, outbreaks, wastewater, and school/child care absences due to illness, and it also links to the data for COVID-19 Vaccinations. The Tracker will be updated weekly every Wednesday afternoon. As a surveillance tool, the Tracker is particularly helpful in highlighting current trends in COVID-19 and influenza, as well as allowing for comparisons with previous seasons.





Potassium Iodide (KI) Tablets

Durham Region is home to two nuclear generating stations, Pickering and Darlington. The COVID-19 pandemic has highlighted the importance of planning in advance for all emergencies to ensure that we are prepared and able to successfully manage and respond to such events. As emergency preparedness is at the forefront of our minds, please use this time to check to ensure your child care centre(s) have a supply of KI tablets **if you are located within 10 kilometres** (Detailed Planning Zone) of either the Pickering or Darlington Nuclear Generating Stations.

Potassium iodide (KI) is a salt of stable iodine and is considered an early protective measure when taken at the right time and at the right dose. The function of KI tablets is to fill the thyroid gland with stable iodine to help prevent or reduce the absorption of radioactive iodine by the thyroid. Radioactive iodine has the potential to cause thyroid cancer later in life if absorbed by the thyroid gland.

In the highly unlikely event of a serious accident where there is a release of radioactive iodine to the environment, the decision to take KI tablets will come directly from Ontario's Chief Medical Officer to Health and will be communicated through media (internet, TV, radio, etc.) outlets and other available channels.

In early 2019, KI tablets were re-distributed to all child care centres located within the 10-kilometre radius of both nuclear stations by Durham Region Health Department (DRHD) as the supply was expiring in April 2019.

Only those child care centres located within a 10 kilometre radius of either nuclear station are required to have a supply of KI tablets readily available on-site. Now is a good time for those child care centres to take an inventory of their KI tablets and ensure the following are in place:

- Know where your KI tablets are stored and ensure they are maintained in accordance with manufacturer's instructions.
- Ensure there is an adequate supply of tablets readily available on-site for all children and staff (for dosage requirements please go to [KI Tablets Fact Sheet Q & A](#))
- Keep a record of the quantity of tablets and the locations where the tablets are stored for each of your child care sites within the Detailed Planning Zone.
- Ensure there are written policies and procedures for administering KI tablets to the children and staff, storage of tablets, record keeping, replacement of KI tablets, and auditing, and ensure that all staff are familiar with these written policies and procedures.
- Ensure KI information letters and consent forms are distributed yearly to every parent / guardian who has a child or children at the centre and follow-up to ensure that signed consent forms are received and kept on file.
- Ensure all staff are aware of the children whose parents / guardians have NOT given consent to administer KI tablets in an emergency.

If your child care centre is located within the 10 kilometre radius of either nuclear station and you need more tablets or, you are a new site located within the 10 kilometre radius and did not receive a supply of KI tablets for your centre, please contact Senior Public Health Inspector Nella Correia at nella.correia@durham.ca

For more information about KI, please contact Durham Health Connection Line at 905-668-2020 or 1-800-841-2729, or visit preparetobesafe.ca

Make the Cavity Connection

There is no such thing as “Soft Teeth”

Many people believe that cavities are the result of soft teeth. While family history is important, most cavities develop in children because they eat/drink too much sugar and do not thoroughly brush and floss their teeth.

Cavities are one of the most common chronic diseases in children. Cavities are caused by bacteria in the mouth. Bacteria and food debris can build up on teeth forming a clear, sticky film known as plaque. If plaque is not removed by daily brushing and flossing it may lead to gum disease and cause cavities.

Nutritious meals and snacks will help children to develop strong bodies and healthy teeth that will last a lifetime.

Caregivers can help prevent cavities by:

- Providing a variety of different foods from each of the four food groups (Canada’s Food Guide) for all meals.
- Serving cereals that are low in sugar, whole grain breads, fresh fruit, yogurt, milk, cheese, or eggs (research shows that eating cheese may help prevent tooth decay).
- Giving snacks that are tooth friendly, sugar-free, and do not stick to teeth.
- Having children rinse their mouths with water after snacks and meals when toothbrushing is not possible.
- Offering drinks with the least amount of sugar.

Liquid Sugars

- Sugar sweetened beverages are the main source of added sugar in a child’s daily diet and can lead to tooth decay (cavities) and obesity.
- Sugar comes in many disguises - dextrose, glucose, fructose, lactose, maltose, corn syrup, maple sugar and honey.
- Water is sugar free and a great way to quench your thirst.
- Milk is a great drink that is loaded with vitamins and minerals. The calcium and vitamin D in milk will build strong teeth and bones in growing children.

*100% juice contains vitamins and minerals. Fruit punches and cocktails do not. However, both contain as much sugar as pop.



Make the Cavity Connection (cont'd)

Cavities can be avoided!

Remember to brush your teeth twice a day, floss daily, and eat/drink foods that are low in sugar to prevent cavities!

plaque

+

sugar

=

acid



acid

+

time

=

cavity



There is a **Free** dental program for eligible children and youths aged 17 and under called Healthy Smiles Ontario. Visit Ontario.ca/healthysmiles

For more information about oral health visit durham.ca/oralhealth

Infection Control Resources Available for Your Use

Outbreak Reporting Form and Line List Template

With the onset of Fall, and with people generally spending more time inside, we are seeing a rise in respiratory and enteric illnesses in the Region.

If you suspect that an outbreak of enteric illness is occurring in your centre, you are required to promptly report the suspect outbreak to the Health Department. This should be done via our online Outbreak Reporting Form.

Prior to completing and submitting the Outbreak Reporting Form you must first attach an initial Outbreak Line List that includes basic details about all identified ill children and staff (e.g. name/initials, date of initial onset of symptoms, age group/classroom, list of symptoms, etc.).

Once the Health Department receives your Outbreak Reporting Form a public health inspector will contact you to provide advice and assistance to confirm the existence of an outbreak and, if necessary, to control the transmission of infection.

[CCC-Outbreak-Line-List-Template.xlsx \(live.com\)](#)


[Child Care Setting Outbreak Reporting Form - Durham Region](#)

Illness Exclusion Versus an Outbreak Chart

Any child care staffs who experience an onset of respiratory or enteric illness at home, should utilize the [provincial online self assessment tool](#) to determine if they should attend work. Likewise, parents should use the self assessment tool to determine if their symptomatic child should attend your child care centre.

Any staff or children experiencing an onset of respiratory or enteric symptoms while at your child care centre should be isolated and sent home as soon as possible and be excluded from the centre until they are symptom free for at least 24 hours (for respiratory symptoms), or 48 hours (for enteric symptoms).

Our Illness Exclusion Versus an Outbreak chart can assist you to determine if you just need to exclude a single staff or child from your child care centre, due to them experiencing an onset of respiratory or enteric symptoms, or whether you may actually have an outbreak occurring. At this time, the health department is only declaring and actively managing reported enteric outbreaks. However, if you have a number of children or staff with respiratory symptoms, you will still need to implement infection control measures to prevent the spread of illness.




Enteric Illness			
Scenario	Exclusion	Outbreak Status	Return Policy
One child/staff with 1 episode of enteric symptom(s)* within a 24-hour period	Child/staff must be excluded immediately and sent home	No outbreak to report	Ill child/staff <u>must</u> be symptom free for at least 48 hours and no fever is present
One child/staff with 2 episodes of enteric symptom(s)* within a 24-hour period	Child/staff must be excluded immediately and sent home	No outbreak to report	Ill child/staff <u>must</u> be symptom free for at least 48 hours and no fever is present
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*Symptoms include diarrhea (i.e., loose/watery stool) and/or vomiting

Respiratory Illness			
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Two or more children/staff experiencing respiratory symptom(s)** each within a 72-hour period AND have an epidemiological link within the centre (i.e., same room, etc.)	Children/staff must be excluded immediately and sent home	No outbreak to report As of January 2022, respiratory outbreaks will not be declared until further notice	Ill children/staff <u>must</u> have symptom(s) improving for at least 24 hours and no fever is present

**Symptom(s) are new, worsening, and not related to other known causes or conditions. Respiratory symptoms include cough, runny or stuffy/congested nose, sore throat, shortness of breath, fever and/or chills.

 (905) 668-2020 / 1 (800) 841-2729
Durham.ca/Childcare

DUHEV 600 – March 2023



Infection Control Resources Available for Your Use (cont'd)

Other Resources

Hard copies of the following resources (posters) are available upon request from your area public health inspector and electronic copies can be accessed online at Durham.ca via the links provided

New Cleaning and Disinfection Schedule Posters for All Age Groups:

www.durham.ca/en/doing-business/operating-a-child-care-centre.aspx#Cleaning-and-disinfection

Diapering Procedure Poster

[Diapering Procedure: Important Steps to Remember \(durham.ca\)](http://durham.ca)

Hand Hygiene Posters

[Handwashing \(durham.ca\)](http://durham.ca)

[Hand Sanitizers \(durham.ca\)](http://durham.ca)

Child Care Centre Cleaning and Disinfecting Schedule General

Important:

- Frequencies are minimum requirements during non-outbreak periods and increased as necessary
- Sufficient staff supervision to ensure contaminated items are not shared and removed when child is finished

PLAY / SLEEP AREAS	WHAT TO DO	After Each Use	Daily	Weekly	Every 2 Weeks	Monthly
Mouthed / contaminated toys	Clean & disinfect	X				
Water play toys / table (no group water play for diapered children)	Clean & disinfect	X				
Table tops	Clean & disinfect	X				
Diaper change mat	Clean & disinfect	X				
Diaper hand wash sink	Clean & disinfect		X			
Diaper change table / underside of mat	Clean & disinfect		X			
Floors	Dry sweep & wet mop		X			
Carpets / area rugs	Vacuum (steam clean 2x / year)		X			
Floors beneath area rugs	Sweep			X		
Vinyl mats	Clean & disinfect			X		
Fabric upholstered furniture	Vacuum (steam clean 2x / year)			X		
Linen / bedding / slip covers	Launder			X		
Cots / cribs	Clean & disinfect	X if not labelled	X			X (school age)
Absorbent materials (e.g., dress-up clothes, plush toys, puzzles, cardboard)	Launder / Clean & disinfect / Discard			X		
Toys (includes large toys) / shelving	Clean & disinfect			X	X (school age) = 2x / week	
Play-dough / other moist sensory products with < 30% salt	Discard			X		
Sensory play items	Discard / Clean & disinfect			X		
Sensory play table	Clean & disinfect			X		X (school table)
Natural items (e.g., bird's nest, stones)	Discard / Clean & disinfect			X		
Sensory play - sand	Discard					X

WASHROOMS	WHAT TO DO	After Each Use	Daily	Weekly	Every 2 Weeks	Monthly
Cloth towels	Launder	X				
Combs & brushes (shared)	Clean & disinfect	X				
Potty chairs	Clean & disinfect	X				
Hand wash sinks / toilets / floors	Clean & disinfect		X			
Garbage containers	Empty		X			
Garbage containers	Clean & disinfect			X		
Toothbrush storage unit	Clean & disinfect			X		

INFANT / TODDLER ROOMS	WHAT TO DO	After Each Use	Daily	Weekly	Every 2 Weeks	Monthly
Cloth / plastic bibs	Launder / Clean & disinfect	X				
High chair trays / table tops	Clean & disinfect	X				
Floor mats (e.g., vinyl)	Clean & disinfect		X			
Carpets / area rugs	Vacuum (steam clean monthly)		X			
High chair seat and frame	Clean & disinfect			X		

Remember:

- Cleaning and disinfecting are 2 separate steps! Refer to *Cleaning and Disinfection in CCCs* fact sheet.
- During an outbreak, contact the Health Department for further recommendations.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/childcare



If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729.

DUREV-193 - July 2023



REMINDER! Update your contact information

From time-to-time, there may be an urgent message that Durham Region Health Department will have to send to all child care centres. A current contact list will help us distribute the information to you more efficiently. If your centre has had any changes to your child care centre contacts, such as managers, supervisors, telephone numbers, or e-mail addresses, please forward the new information to ehl@duham.ca to update the list.



Please print and post this e-newsletter in a common area for those who do not have access to email.



The WEE CARE Newsletter is published and distributed by Durham Region Health Department, Health Protection Division, and is distributed to licensed child care centres in Durham Region.

Questions, comments, and article submissions can be forwarded to ehl@duham.ca.

Editor: Toni Moran

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Health Analytics and Research Team (HART)

Oral Health Division



We would like to remind all child care centre owners, supervisors, and staff that we welcome any suggestions that you may have for future article topics or ideas and any comments you have to improve the newsletter!

We welcome your ideas and suggestions!

Please submit comments by email to ehl@duham.ca.