

# FAMILY CHILD CARE HEALTH & SAFETY BULLETIN

...a newsletter for family child care providers and FCC Network Leaders



**Welcome to 3rd edition of the Family Child Care Health & Safety Bulletin!**

The Connecticut Nurses' Association (CNA) and Office of Early Childhood (OEC) in support of families and children, have created this newsletter to assist Network leaders and providers to connect to resources and technical assistance regarding child care health and safety topics!

## ***This Edition features:***

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## **Connecticut Nurses' Association: Supporting Family Child Care Network Leaders ([ctnurses@gmail.com](mailto:ctnurses@gmail.com))**

The Connecticut Nurses' Association (CNA) is available to support Family Child Care (FCC) Network Leaders. The CT Nurses Child Care Health Consultants (CCHC) are registered nurses who have knowledge and expertise in child health, child development, and health and safety in the context of family child care settings. CCHCs work with family child care providers to promote healthy and safe environments through increasing knowledge on health issues, sharing guidance, best practices, resources and referrals.

### **So how can we help?**

CT Nurses' Association's CCHC can:

- Join Family Child Care Network conferences or webinar calls;
- Assist with reviewing and guiding the development of FCC policy and procedures;
- Problem-solve approaches to assist FCC providers with mitigating the spread of COVID-19;
- Identify resources based on your needs; and
- Assist with keeping you informed about the latest Office of Early Childhood requirements, guidance or considerations for FCC.

### **Have questions?**

Email: [ctnurses@gmail.com](mailto:ctnurses@gmail.com) or call 855-322-2242



## This Week's Health Highlight! Hand Washing

(Information on this page is from the Centers for Disease Control and Prevention)



### CDC: Handwashing: Clean Hands Save Lives

<https://www.cdc.gov/handwashing/when-how-handwashing.html>  
(El lavado de las manos: Las manos limpias salvan vidas)  
(<https://www.cdc.gov/handwashing/esp/when-how-handwashing.html>)

#### Posters:

<https://www.cdc.gov/handwashing/posters.html> (Some resources are available both in **English and Spanish**)

- ◆ Consider posting these in key areas to remind family members, families and children to wash hands! Making sure they are visible will provide a reminder about the importance of washing hands!
- ◆ CDC designs posters for all audiences, and some are available in multiple sizes and languages, and can be [ordered for free](https://www.cdc.gov/pubs/cdcinfoondemand.aspx?ProgramID=212) (<https://www.cdc.gov/pubs/cdcinfoondemand.aspx?ProgramID=212>) via CDC-Info on Demand.

#### Follow 5 Steps to Wash Your Hands the Right Way:

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs from one person to another and from surfaces. For a complete procedure review [CFOC Standard 3.2.2.2](#) Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap. Be sure your home [hot water heater is set to 120 degree F or less to prevent scalding](#)
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

#### Key Times to Wash Hands:

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs: (for a complete list review [CFOC Standard 3.2.2.1](#))

- ◆ Upon arrival
- ◆ Before, during, and after preparing food & before eating
- ◆ Before putting on or taking off your mask
- ◆ After removing your mask
- ◆ Before and after treating a cut or wound
- ◆ After using the toilet
- ◆ After changing diapers or cleaning up a child who has used the toilet
- ◆ After blowing your nose, coughing, or sneezing
- ◆ After touching an animal, animal feed, or animal waste
- ◆ After handling pet food or pet treats