



Child Care Chat

Heat Safety

With summertime on the horizon it's time to think about children and heat safety. Kids are far more susceptible to heat exhaustion because their bodies have fewer sweat glands and they are not able to adapt as quickly to temperature changes.

Normal hot weather reactions in children include:

- heavy sweating, beet-red face, but still happy appearance
- rapid heartbeat, breathing hard
- being very thirsty
- stitches or muscle cramps
- feeling hot to the touch

Sign of over-exertion and possible heat exhaustion:

- dizziness, weakness
- extreme fatigue that forces child to sit down
- fainting
- nausea or vomiting
- lack of sweat

If a child suddenly complains that they feel weak, nauseated, or dizzy, or if a baby's skin looks pale and feels cool and moist, quickly get them into the shade, and give the child plenty of water to drink. Seek medical help if a child becomes confused, loses consciousness, has difficulty breathing, or develops a rapid pulse.

On those hot summer days be sure to encourage water and shade breaks every 15 minutes .



Child Care Chat

Volume V, Issue 3

July 2018

Special points of interest:

- ☺ Remember to notify your Surveyor regarding closures for any reason!
- ☺ Your Surveyor can be a great source for ideas and suggestions!
- ☺ The Nevada Registry site has a Job Board! You might just find your next great employee there!

Fire Season:

Fire season is expected to rear its head starting in June. During fire season it's important to keep an eye on the air quality when taking children outside. The air quality index is a number used to communicate to the public how polluted the air currently is. The higher the AQI number, the poorer the air quality.



Even if the skies seem clear, it's important to check because you can't always see the particles in the air. Be sure to check the Air Quality Index number by visiting airnow.gov

Remember, if the air quality prevents you from taking children outside, you must plan active indoor activities that provide opportunities for gross motor movement.



Inside this issue:

| | |
|-----------------------------------|-----|
| Surveyor Spotlight | 2 |
| Car Seats and Booster Seats | 2 |
| Summertime Sun Safety | 3 |
| Updated Immunization Requirements | 3 |
| Did you know? | 4 |
| Child Care Advisory Council | 4 |
| Monthly Happenings | 5 |
| Immunization Technical Bulletin | 6-8 |

Surveyor Spotlight! Erika Hovater



Erika is a kind, good hearted individual who I am lucky to share an office with. She is always willing to go out of her way to help in any and all situations. She is a wealth of information and has resources at her fingertips that amaze me. She was the first person to welcome me to CCL and she has never stopped helping whenever needed! - Cheryl Joyce, Las Vegas Surveyor

Since starting with CCL, Erika has added a funny and sarcastic element to the team, and is very easy to get along with! She never hesitates to offer a helping hand, even with the most difficult cases and inspections. With a background in investigations, she is able to offer additional insight and perspective to her colleagues, which is always helpful. Thanks for being a valuable team member Erika!!

-Steve Burdon, Las Vegas Surveyor

Erika is always willing to help and give support on pushing through the most difficult of times. Erika's humor is a welcome reprieve during hard moments and she will keep you on your toes with her biting wit. We appreciate her dedication in helping the children

within the State of Nevada.—
Latisha Brown, Program Manager

Erika is a dedicated mom who enjoys spending time with her kids; she supports and encourages them when playing basketball or other activities they choose. Erika is also a fellow dog lover. We enjoy sharing stories about our dogs and any other animal stories. I enjoy completing inspections with Erika, she is detailed in her review of the building and other licensing documents. So glad she is part of our team.—Lisa Torgerson, Las Vegas Surveyor

Erika is a great addition to our team She loves her dogs and her family. She is always willing to help out her fellow surveyors and is always sharing all the great treats she brings to the office! - Edith Farmer, Supervisor

Erika started with Child Care Licensing two years ago and has fit right in with our team doing her part by staying on top of her caseload but helping others out in time of need! Erika may appear as the quiet one but don't let that fool you as the jokester in her comes out, keeping us all laughing and having a little fun in the workplace!! - Kerra Fuentes, Las Vegas Surveyor

Erika is an integral part of the Child Care Licensing team. She readily lends her bilingual skills to assist providers when necessary. Erika has a quiet, soft demeanor that belies her humorous wit. She has been a welcome addition that compliments our team.—Diane Hardy, Las Vegas Surveyor

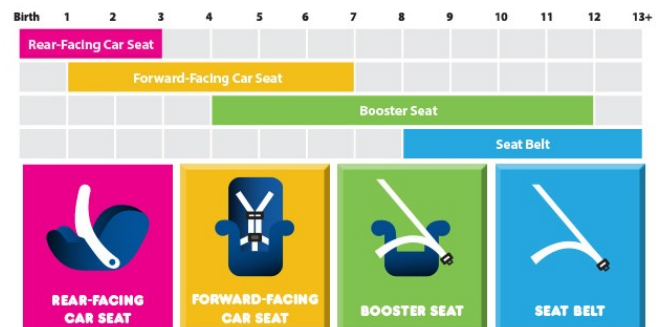
Erika is always willing to help others. She is funny and very knowledgeable when it comes to eating healthy.—Silvia Cisneros, Las Vegas Surveyor

Erika is a kind, helpful person person. She often seems to see things from the child's perspective and truly wants what's best for the children. Lisa Roberts and Tammy Hutchinson, Carson City Surveyors

Car Seats and Booster Seats

Did you know that car seats and booster seats have expiration dates? The expiration date can be found on the under side of the seat either stamped in the plastic or on a sticker. Be sure to periodically check the expiration dates and remove expired seats from the vehicle. Along with maintaining your transportation logs, it is recommended to have a log for the car seats and booster seats being used by your facility.

Remember, any child less than 6 years of age who weighs less than 60 pounds must ride in an approved child restraint system. (NRS 484B.157) It is said that seven of ten child safety seats are installed improperly. Free inspections and advice are offered throughout Nevada. Visit www.seatcheck.org to find an inspection site in your area and to view information on appropriate seats and installation.



Summertime Sun Safety:

Summer is here in full force along with triple digit temperatures! Child Care Licensing would like to offer some sun safety reminders for the upcoming months.

-Children should be drinking five ounces every 20 minutes during outdoor activities to prevent dehydration. Tip: A child's "gulp" equals half an ounce so children should drink 10 "gulps" for every 20 minutes of play.



-Remember, children must be offered drinking water throughout the day, not just at meals. NAC432A.385.1(e)



-For children 6 months and older: Apply sunscreen early; Children's sunscreen should be applied 15-30 minutes prior to outdoor activity in order for the sunscreen to absorb into the skin. Remember, sunscreen should only be applied to children under 6 months if specific to their age.

-Limit outdoor activity to early morning and late evening, avoid peak sun hours between 10a.m. and 2 p.m. as much as possible.



-A shade area must be "at least equal in size to the sum of 5 square feet multiplied by the total number of children in the play area." through the months of April- September.



-Check for hot surfaces on playground equipment before allowing children to play on it. Surfaces can become extremely hot and can cause burns on the skin.



-Encourage parents to bring in hats, sunglasses, and light weight clothing to offer protection from the sun during outdoor play.



-If children are unable to stay outside for the duration of their scheduled outdoor time, ensure gross motor activities and time to get their energy out is offered indoors.



-Keep in mind that infants and toddlers are unable to tell an adult when they are too hot and most young children need to be reminded to stop playing to cool down. Remind staff to be diligently watching for signs that a child may be overheating.



Updated Immunization Requirements

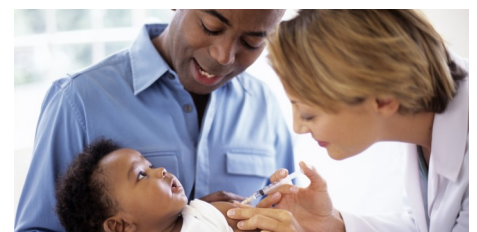
A change to Nevada law means it is now necessary for children being admitted to child care or accommodation facilities in Nevada to receive all required vaccines at the youngest recommended age per the [Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices](#).

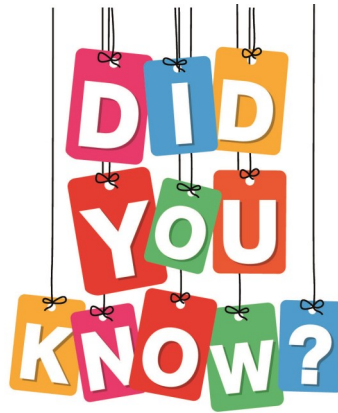
Remember, the only exception to the immunization requirements are due to religious belief or medical condition.

All children being admitted to child care or enrolling in a public, charter or private school in Nevada after June 30, 2018, will also be required to have age-appropriate vaccination or other proof of immunity to Varicella (aka chickenpox). Though the disease is usually mild in healthy children, an estimated 11,000 required hospitalization and 100 children die each year from Varicella.

For full information about these changes and the list of immuniza-

tions, please read the technical bulletins attached to this quarter's newsletter.





→ Be sure to visit our [Facebook page](#) or sign up for our [ListSERV](#) in order to receive information and regular updates.



→ Child Care Licensing is developing policies in order to distribute information on how new laws that were approved this Legislative session as well as newly adopted regulations will be implemented. Keep a look out for more information coming your way soon.

→ Any blue link in the newsletter can be clicked on while using a computer to take you to a webpage with more information.

→ If you have any tips, tricks, pictures of events/projects, or helpful hints that you would like to share with childcare providers of Nevada, please email them to:

tkaplan@health.nv.gov

We also encourage those who like our [Facebook page](#) to share helpful information or posts from your facility. As always, if you choose to write on the Child Care Licensing Facebook wall, we expect that it will be done in a respectful manner.

→ Child Care Licensing's Office will be closed on the following date:

- July 4th
- September 3rd



Child Care Advisory Committee

This committee meets quarterly to discuss, examine, consider, and make recommendations concerning Nevada's child care industry.

Child Care Advisory meetings are open to all child care providers to attend either in person or by calling in; so come and have your voice heard! If you are unable to attend in person you can always call in!

Agenda information will be posted in designated state and county offices as well as on the Nevada Registry website.

Current scheduled meeting dates are:

* **July 10th 2018**

Meetings begin at 1:30 pm.



For more meeting information, please visit our website at <http://dpbh.nv.gov>

and subscribe to our Child Care Listserv today!

As a listserv member you will receive up-to-date information concerning Child Care Licensing, advisory meeting dates, times, places and meeting minutes.

Monthly Happenings:

July 10th is Teddy Bear Picnic Day!

These warm summer days are perfect to have children bring their teddy bear out for a day in the sun.

Stuffed animals are a favorite for kids, encourage them to bring their favorite one in for a picnic with their friends! While children think they are simply eating lunch with friends and stuffed animals, this activity encourages social/emotional development!



August 9th is Book Lovers Day!



All kids love books! During this month encourage kids to bring in their favorite books to share with their friends. Staff can even create sign up sheets to have parents volunteer to read to the class throughout the day.

September 11th is National Grandparent's day!

Grandparents day may be on a Sunday this year but the week leading up to it can be utilized by staff and children to create a special something for all of those special nanas/papas/grandmas/grandpas.

A quick search on the internet or Pinterest brings up numerous projects that children can make.



State of Nevada Child Care Licensing

727 Fairview Dr. Ste E
Carson City
1010 Ruby Vista Dr. Ste 101
Elko
3811 W. Charleston Blvd #210
Las Vegas

Carson Office: 775-684-4463
Elko Office: 775-753-1237
Las Vegas Office: 702-486-3822



Our vision for the Child Care Licensing Unit is to promote the healthy growth, development, and protection of children, increase availability of positive and nurturing learning environments and provide support for families by regulating and licensing high quality, developmentally appropriate, and flexible care, through a wide range of care options.

This vision involves mentoring and guiding child care providers to become advocates for children and family issues, as well as, foster the growth and development of the provider community. In support of this vision Child Care Licensing will work to expand the awareness of state legislators, local regulatory agencies and consumers so as to encourage support for improving the quality of child care environments for Nevada's children and families



Technical Bulletin

Division of Public and Behavioral Health



Date: January 30, 2018

Topic: Vaccine Required at Minimum Recommended Age for Child Care Enrollment

Contact: Shannon Bennett, Immunization Program Manager or Pam Forest, MD, Provider Quality Assurance Manager

To: Health Care Quality and Compliance, Division of Public and Behavioral Health, Local Health Districts, and Nevada Child Care Facilities

According to Nevada Revised Statutes (NRS) 432A.230, 432A.235, and Nevada Administrative Codes (NAC) 432A.500-.505, children must prove immunity to Diphtheria, Tetanus, Pertussis, Poliomyelitis, Rubella, Rubeola (Measles), Mumps, Hepatitis A, Hepatitis B, Varicella, Streptococcus Pneumoniae, and Haemophilus Influenza type B (Hib) prior to admission to a child care or accommodation facility in Nevada, unless excused because of a religious belief or medical condition.

In addition to these requirements, it is now necessary for children being admitted to child care or accommodation facilities in Nevada to receive all required vaccines at the youngest recommended age per the recommendations of the Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP). For example, the fifth dose of DTaP is recommended between four (4) and six (6) years of age. As of the date of this Bulletin, the fifth dose of DTaP vaccine is now required at age four (4) years **if** the child is attending a child care or accommodation facility in Nevada. Please review the table on the next page for further examples. **Any child who is behind on Nevada's required immunizations must be brought up-to-date utilizing the ACIP Catch Up Schedule to continue to attend the child care/accommodation facility.**

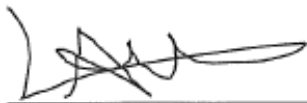
Immunizing children at the youngest recommended age when in a child care or accommodation facility further protects the child and their peers at the earliest time possible. For example, the fifth dose of DTaP, when given at four (4) years of age, increases antibody levels and decreases the risk of older children transmitting the disease to younger siblings and/or classmates who are too young to have completed the vaccine series.

For more information regarding the ACIP immunization schedule please visit:

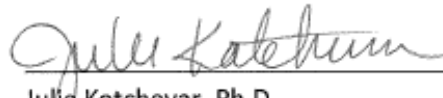
<https://www.cdc.gov/vaccines/schedules/index.html>.

| Required Immunization | Age Range | Dose Number | Age Required* |
|-----------------------|--------------|-------------|---------------|
| Hepatitis B | 6-18 months | 3 | 6 months |
| DTaP | 15-18 months | 4 | 15 months |
| DTaP | 4-6 years | 5 | 4 years |
| Hib | 12-15 months | 3 or 4 | 12 months |
| PCV13 | 12-15 months | 4 | 12 months |
| Polio (IPV) | 6-18 months | 3 | 6 months |
| Polio (IPV) | 4-6 years | 4 | 4 years |
| MMR | 12-15 months | 1 | 12 months |
| MMR | 4-6 years | 2 | 4 years |
| Varicella | 12-15 months | 1 | 12 months |
| Varicella | 4-6 years | 2 | 4 years |
| Hepatitis A | 12-23 months | 1 | 12 months |
| Hepatitis A | 18-23 months | 2 | 18 months |

*Age required if minimum interval has passed



Ihsan Azzam, PhD, MD
Nevada State Medical Epidemiologist



Julie Kotchevar, Ph.D.
DPBH Interim Administrator



Technical Bulletin

Division of Public and Behavioral Health



Date: January 30, 2018
Topic: Verification of Varicella Immunity for School and Child Care Entry
Contact: Shannon Bennett or Pamela Forest, MD – Nevada State Immunization Program
To: Immunization Providers, School Nurses, County Health Officers, Health Care Quality and Compliance, Local Health Districts and Nevada Child Care Facilities, Department of Education, School District Administrators, Boards of Trustees of School Districts, Charter School Officials, and Private School Officials

Prior to the availability of Varicella (chickenpox) vaccine there were approximately four (4) million cases each year in the United States. Though usually a mild disease in healthy children, an estimated 150,000 to 200,000 developed complications, approximately 11,000 required hospitalization, and 100 children died each year from Varicella.

All children, beginning at age 12 months, as well as adults without other evidence of immunity, should be vaccinated with two (2) doses of Varicella vaccine. If a child had a Varicella diagnosis confirmed by a health care provider or laboratory evidence of prior disease, then it is not necessary to vaccinate regardless of age at infection.

A child being admitted to child care or enrolling in a public, charter, or private school in Nevada after June 30, 2018, must have age appropriate vaccination or other proof of immunity to Varicella. This requirement does not apply to children enrolled and/or admitted to school or child care before June 30, 2018. A written statement from a physician attesting to a person's positive history of Varicella or laboratory proof of Varicella immunity is acceptable in lieu of Varicella vaccination documentation. If a parent or guardian cannot provide confirmed history of disease, or if laboratory proof of immunity is not available, the Varicella vaccine requirement must be met.

The Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practice (ACIP) considers evidence of immunity to Varicella to be:

- Documentation of two (2) doses of vaccine given no earlier than age 12 months, with at least three (3) months between doses for children younger than age 13 years, or at least four (4) weeks between doses for people ages 13 years and older;
- A health care provider's diagnosis of Varicella or verification of history of Varicella;
- History of Herpes Zoster (shingles), based on a health care provider diagnosis; or
- Laboratory evidence* of immunity or laboratory confirmation of disease.

*Note: laboratory testing to confirm Varicella immunity can yield inconclusive results

This Technical Bulletin mirrors the history of varicella requirements already listed in Nevada's Immunization Information System (IIS), NV WebIZ. **History of Varicella can be documented in NV WebIZ if there is: laboratory evidence of immunity or confirmation of disease, or health care provider verified history of or diagnosis of Varicella, or health care provider verified history or diagnosis of Herpes Zoster (shingles).**

For more information on all ACIP recommendations: <https://www.cdc.gov/vaccines/hcp/acip-recs/index.html>

Ihsan Azzam PhD, MD
Nevada State Medical Epidemiologist

Julie Kotchevar, Ph. D.
DPBH Interim Administrator