

**Updates to Oregon Kids Healthy and Safe
Volumes 3 –E-Reference and Volume 4 – Appendix**

Updates for Volumes 3 and 4 will be collected here and used to make electronic updates periodically (annually, probably) Best practices updates in these volumes are listed by date, page number and highlighted in yellow.

Volume 3 – E-Reference

Bleach solutions for sanitizing, disinfecting and special clean up

9/11/13: Pg. 119 Cleaning, sanitizing and disinfecting surfaces and toys

Replace table with the headings “Surface” and “Solution” with new paragraph and table below:

Some early care and education providers use regular bleach to sanitize and disinfect their facilities. There are many different types of bleach sold in stores. Recently, producers of bleach have made regular bleach solutions *30% stronger* with more sodium hypochlorite (8.25%). This stronger, more concentrated regular bleach is replacing the previous regular bleach (5.25%-6.00%) on store shelves. If you are using bleach to sanitize and disinfect, it is more important than ever to check the label on your bleach bottle to know what concentration you are using and then mix it correctly. If you are using the new 8.25% regular bleach, your sanitizing and disinfecting recipes will have to change. Using test strips to check the parts per million (PPM) for the sanitizing solution you mix, and following the recipes carefully will help you make sure to mix bleach solutions that are both effective and safe for children and staff. Remember to use protective eyewear and gloves in a well ventilated area when mixing bleach and water for Special Clean-up. See *OKHS Volume 4* to download posters, cards and frequently asked questions about bleach or go to www.healthoregon.org/childcare.

| New! EPA Registered Regular Bleach (8.25%) | | |
|---|-----------------------------------|--|
| Sanitizing (100 ppm) | Disinfecting (600 ppm) | Special clean-up of vomit or diarrhea Mix when needed - 5000 ppm) |
| 1/8 th teaspoon bleach/1 pint water | 3/4 teaspoon bleach/pint water | 2 tablespoons bleach/pint water |
| 1/4 teaspoon bleach/quart water | 1 ½ teaspoon bleach/1 quart water | 4 tablespoons bleach/quart water |
| 1 teaspoon bleach/gallon water | 2 tablespoons/gallon water | 1 cup (8 ounces) bleach/gallon water |
| Regular Bleach (5.25%-6.00%) | | |
| 1/8 teaspoon bleach/pint water | 1 ¼ teaspoons bleach/pint water | 3 tablespoons bleach/pint water |
| ¼ teaspoon bleach/quart water | 1 tablespoon bleach/quart water | 6 tablespoons bleach/quart water |
| 1 teaspoon bleach/gallon water | ¼ cup bleach/gallon water | 1 ½ cup bleach/gallon water |

9/11/13: Pg. 121 – Handling clothing and bedding

Fourth paragraph

Clothing or other material soiled with body fluids should be washed in a washing machine separately from other items. Pre-soaking may be necessary for heavily soiled clothing. Otherwise, wash and dry as usual. Add regular bleach to the rinse cycle, using the instructions on the bleach bottle for disinfecting laundry. If clothes are not colorfast, use non-chlorinated bleach, such as Clorox II and Borateem and follow the instructions for disinfecting laundry on the bottle. Always wash your hands after handling soiled laundry.

9/11/13: Pg. 121 – Cleaning Soiled floors

First paragraph (last paragraph, not first)

If a hard surfaced floor is soiled with vomit or stool, wear gloves and blot up as much as possible. Then mop or wipe the area with a germicidal detergent or bleach solution. If using an 8.25 bleach concentration, use one cup of bleach per one gallon of water or 4 tablespoons of bleach to one quart of water. If using 5.25%-6.00% concentration, use 1½ cups bleach per one gallon of water or 6 tablespoons of bleach to one quart of water. Check to make sure it is safe for the floor. After 10 minutes rinse the area with clean water and dry.

Breast milk storage and handling

7/19/13: Pg. 72

Proper storage, handling and warming of breast milk

- Ask mom to store breast milk in hard plastic bottles or freezer-safe storage bags and label with baby’s name and date milk was collected.
- Store breast milk according to storage guidelines. (Refer to “Food requiring special care” later in this chapter for more information.)

| Breast milk storage guidelines | | | | |
|---------------------------------------|---------------------------------------|---------------------------|---|--|
| | Room temperature – up to 77 degrees F | Refrigerator 39 degrees F | Home freezer | Chest or upright freezer- -4 degrees F |
| Freshly expressed breast milk | 6-8 hours | 5 days | Freezer compartment inside refrigerator – 2 weeks. Freezer with separate door from - 3-6 months. | 6-12 months |
| Thawed breast | Do not store | 24 hours | Never refreeze | Never refreeze |

| | | | | |
|--------------------------|--|--|-------------|-------------|
| milk (previously frozen) | | | thawed milk | thawed milk |
|--------------------------|--|--|-------------|-------------|

Source:

Academy of Breastfeeding Medicine (2004) Clinical Protocol #8: Human Milk Storage Information for Home Use for Healthy Full Term Infants

- Use the oldest milk first.
- Thaw only as much frozen breast milk as baby needs for a feeding.
- Thaw frozen breast milk in the refrigerator or hold it under running warm water.
- If breast milk has a bad odor after thawing, it should be thrown out.
- Gently swirl, do not shake, the bottle of breast milk before feeding because breast milk separates in two layers when it is stored.
- Do not thaw breast milk at room temperature, by heating on the stove, in a microwave, or in a bottle warmer. Excessive heat destroys some of the immunological benefits of breast milk. Microwave heating can create hot spots in the breast milk that can burn the baby's mouth and throat.
- For babies who prefer a warm bottle, hold the bottle under running warm (not hot) water immediately before feeding the baby.
- Thawed breast milk must be used within 24 hours. Never refreeze thawed breast milk.

7/19/13: Pg. 85 - Food requiring special care

Warming formula or breast milk

- Thaw frozen breast milk under warm running water or in the refrigerator. Never thaw by placing on the counter or in a microwave. The nutritional advantages of breast milk can be compromised by excessive heat.
- Warm formula or breast milk in water not exceeding 120 degrees F immediately before feeding the baby.
- Do not use the microwave for bottle warming, breast milk or infant food warming.
- Crock pots may be used to warm bottles of formula only (not breast milk).
- Using the microwave to preheat the water for formula bottle and breast milk warming is also acceptable.

Volume 4 – Appendix

Bleach solutions for sanitizing, disinfecting and special clean up

9/11/13: General Resources – Posters

This poster has been replaced with 2 posters and a set of 3 cards for download and printing. Also included is a document of frequently asked questions about sanitizing, disinfecting, and special

clean-up with bleach. See *OKHS Volume 4* to download posters, cards and frequently asked questions about bleach or go to www.healthoregon.org/childcare.