

**Updates to Oregon Kids Healthy and Safe  
Volumes 1 – Training Workbook and Volume 2 – Quick Reference**

Health and safety best practice recommendations change as more is learned. To make sure that the information in Oregon Kids: Healthy and Safe is up to date with current best practice recommendations, updates for Volumes 1 and 2 will be posted here on the OKHS webpage. Best practices updates in these volumes are listed by date, page number and highlighted in yellow.

**Volume 1 and 2**

**Spanish title translation**

**8/9/12**

The Spanish title for Oregon Kids: Healthy and Safe will be changed from Niños de Oregon - Saludables y a Salvo to Niños de Oregon - Sanos y Seguros in the next revision.

**Volume 1 – Training Workbook**

**Bleach solutions for sanitizing, disinfecting and special clean up**

**9/9/13: Pg. 18 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](http://www.healthoregon.org/childcare).

<b>New! EPA Registered Regular Bleach (8.25%)</b>		
<b>Sanitizing (100 ppm)</b>	<b>Disinfecting (600 ppm)</b>	<b>Special clean-up of vomit or diarrhea Mix when needed - 5000 ppm)</b>
1/8 <sup>th</sup> 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
<b>Regular Bleach (5.25%-6.00%)</b>		

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

**9/9/13: Pg. 18 – Fourth paragraph, second bullet:**

When making up the bleach-water solutions, use unscented chlorine bleach. Make sure to look at the ingredients label on the bleach bottle to determine the sodium hypochlorite concentration you are using (8.25% or 5.25-6.00). Mix water and bleach using the correct directions from the table above.

**9/9/13: Behind Pg. 19 – 2-sided Poster cleaning, Sanitizing and Disinfecting With Bleach**

Replace both posters with the posters found at [www.healthoregon.org/childcare](http://www.healthoregon.org/childcare)

**9/9/13: Pg. 56 – Hazardous materials**

Find information on sanitizing, disinfecting and special clean-up with bleach, posters, cards and frequently asked questions at [www.healthoregon.org/childcare](http://www.healthoregon.org/childcare)

**Volume 2 – Quick Reference**

**Bleach solutions for sanitizing, disinfecting and special clean up**

**9/9/13: Pg. 19 - 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](http://www.healthoregon.org/childcare).

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Regular Bleach (5.25%-6.00%)		
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## Breast milk storage and handling

Update 7/19/13:

**Pg. 14 - Proper storage, handling and warming of breast milk**

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 milk (previously frozen)	Do not store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

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

### Warming Formula or breast milk

First sentence of first paragraph

Thaw frozen breast milk in the refrigerator or hold it under running warm water or in the refrigerator. 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.

- Gently swirl the bottle, (do not shake breast milk) to distribute the warmth. Test the temperature of the milk before feeding it to infant.