

California Childcare Health Program (CCHP) E-News  
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July 2010

## E-News for Child Care Health Consultants

California Childcare Health Program (CCHP)  
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*The CCHP-CCHC eNews is a monthly newsletter that provides timely information about resources, reports, and research that inform the work of Child Care Health Consultants (CCHCs) working to improve the health and safety of children in early childhood education settings in California. Past issues are available at [www.ucsfchildcarehealth.org/html/healthline/enews.htm](http://www.ucsfchildcarehealth.org/html/healthline/enews.htm).*

### Quick Links:

- [About CCHP](#)
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Do you have a question that you would like to ask other CCHCs working in the field? Or do you

have a comment to share with the group? To post your comments or questions on the CCHP-CCHC listserve [click here](#).

### Greetings

This short version of the eNews typically announces new CCHP publications and alternates months with the lengthier version which contains research and reports. But this month we also want to alert you to the pertussis epidemic in California and point you to great summer materials promoting the importance of drinking water for better health. Have a healthy, well-hydrated summer!

### Announcements

#### New CCHP Publications

The July/August issue of [Child Care Health Connections](#) has been posted to the California Childcare Health Program website at [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org). You will find the articles: Healthy Routines Lead to Healthy Children; Limiting the Use of Triclosan, the Chemical in Antibacterial Soap; The Dangers of "Equipment" for Infants; Portion Distortion; Minimizing Toxic Fire Retardants; Folic Acid and the Prevention of Neural Tube Defects and more...

The following health and safety materials have also been posted to the website:

- [Whooping Cough \(Pertussis\)/Tosferina \(Pertusis\)](#) (Revised)
- [Constipation in Young Children/幼兒便秘](#) Chinese translation
- [No Smoking/禁止吸煙](#) Chinese translation
- [Possible Choking and Suffocation Hazards /可能導致噎住和窒息的危險](#) new poster in both Chinese and English

**California Department of Public Health announces that pertussis cases now are epidemic in California**

Whooping cough (pertussis) is now epidemic in California. We could be facing the state's biggest outbreak of pertussis since 1958, according to Mark Horton, MD, MSPH, director of the California Department of Public Health in a June 23 statement. According to DPH, as of June 15, 910 cases of pertussis had been confirmed in the state and five infants, all under three months of age, had died. Another 600 suspected cases are currently being investigated by local health officials. DPH Recommends that children should be vaccinated against the disease and parents, family members and caregivers of infants need a booster shot. Infants and toddlers need four shots against pertussis at 2, 4, 6, and between 15 and 18 months, and a booster before starting kindergarten. Starting at 11, booster doses of Tdap should be given at 10 year intervals for adolescents and adults caring for infants.

Pertussis is a bacterial respiratory illness characterized by severe spasms of coughing that can last for several weeks or even for months. A typical case of pertussis in children and adults starts with a cough and runny nose for one-to-two weeks, followed by weeks to months of rapid coughing fits that sometimes end with a whooping sound. Fever is rare. Although it is thought of as a 'childhood' disease, anyone of any age can catch pertussis. Immunity following natural disease or vaccination is not long lasting. Symptomatic adolescents and adults are the major source of infection for unvaccinated children, especially young infants. Experts suggest that a Tdap immunization program starting in preadolescents with vaccine given at 10-year intervals would control both adolescent and adult pertussis as well as the transmission of pertussis to unimmunized infants. According to the CDC, many infants are infected by those around them who don't realize they have the disease.

Researchers have found that vaccination rates of at least 93% are needed to ensure herd immunity against pertussis, which prevents the disease from spreading quickly to unvaccinated individuals.

### **Educational materials on healthy summer beverages for children**

**Rethink Your Drink!** Summer is a perfect time to emphasize the importance of drinking water and staying hydrated. Be a part of the ["Rethink Your Drink" campaign](#) and choose [water over sugary beverages](#) this summer. Alameda County is promoting their Soda Free Summer campaign by distributing free copies of the Drink Water! Said the Otter toolkit with letters to parents/guardians, stickers, posters, and activity sheets to preschools, child care centers, caretakers and parents of children 5-and-under throughout the Bay Area. The materials are available online at <http://sodafreesummer.org/tools.php> and [Health Ed council](#) also has great materials and trainings.

*The CCHP-CCHC eNews is compiled by the California Childcare Health Program (CCHP) and funded by the California Department of Public Health, Maternal, Child, and Adolescent Health. CCHP is administered by the University of California, San Francisco School of Nursing.*

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