**Water Safety Series Part 2: Temperature and Infection**

**Safe Temperatures**
- Keep water heater thermostat at 120°
- Always test water temperature with your wrist or elbow before placing a child in water
- Don’t allow children in hot tubs or Jacuzzis
- Comfortable pool temperatures: Children – between 82°-86° Infants – between 85°-87°

**Waterborne Illness Symptoms**
- Severe diarrhea
- Nausea
- Vomiting
- Weight Loss
- Dehydration

**Waterborne Illness Prevention**
- Keep children out of pools until potty-trained
- Provide frequent bathroom breaks for children who aren’t potty-trained

**Swimmer’s Ear Symptoms**
- Redness, swelling, and itchiness of ear
- Pus draining from infected ear
- Pain when tugged or pressure applied to ear

**Swimmer’s Ear Prevention**
- Dry ears thoroughly with towel
- Tilt each ear and pull lobes in different directions to drain water out of ear canal
- Use ear plugs, a bathing cap, or custom-fitted swim molds

**Reminder: New Legislation to Take Effect**

New Legislation for Family Child Care Homes (FCCH) takes effect July 1, 2017, and it will require 10 hours of training instead of 2 hours of training for licensed and registered family child care providers. [Click here](#) for more information.

**Meal Pattern Revisions: Less Added Sugar**

On October 1, 2017, the following meal pattern revisions will take effect for child care facilities that participate in the Child & Adult Care Food Program (CACFP):
- Dairy and soy yogurt cannot contain more than 23 grams of sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

To easily identify whether yogurt or cereal is within the sugar limitation use the USDA worksheets: [yogurt](#) or [cereal](#).

CACFP staff will conduct training on the new meal pattern in several locations in South Carolina during June 2017. For more information about changes to the meal patterns, contact CACFP at (888) 834-8096 or greta.avery@dss.sc.gov.

**Product Recalls**

- **Combi USA Stroller and Car Seat Combos** due to fall hazard.
- **Osprey Backpack Carriers** due to fall hazard.
- **Douglas Plush Toys** due to choking hazard caused by detachable plastic eyes.
- **Zuntano Infant Booties** due to choking hazard caused by detachable non-slip rubber grips.
- **Dynacraft Ride-On Toys** due to fall and crush hazards.
- **Hobby Lobby Easter and July 4th Light-Up Spinner Toys** due to choking and ingestion hazards caused by detachable battery cover.
- **AM Conservation Group Night Lights** due to fire hazard.

**Splashing around in the water can be a very enjoyable experience for children. However, extreme water temperatures and waterborne illnesses can be unsafe and cause discomfort for children.**

Children’s body temperature drops more quickly when they are in the water versus when they are on land. Children begin to rapidly lose body heat when water temperatures drop below 82°F (below 85°F for infants), placing them at risk for hypothermia. Hot water is also dangerous, especially for children younger than age five. Just three seconds of contact with water that’s 140°F can scorch a child, giving them third degree burns. Hot tubs are unsafe for children and can cause them to get overheated. Infants and children under the age of five have thinner skin than adults. Sometimes, temperatures that may feel comfortable to an adult can be hazardous to a child.

Waterborne illnesses are no fun in the sun. Diarrhea-related water illnesses can be spread by children. Leaky diapers or pull-ups may release the parasite Cryptosporidium into the water. Children or adults can get sick when they swallow or inhale the contaminated water. Children and pregnant women can be the most affected by these infections. Contaminated water can also cause swimmer’s ear, an ear infection resulting from water trapped in the outer ear canal. This infection causes pain and discomfort and most commonly affects children.

To protect against water safety hazards, be proactive and take precautions before letting children in the water.

**Reader’s Input**

**Swimming Safety**

*“Swimming Safety” is a month-long initiative to share important safety information about swimming.*

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- **Meal Pattern Revisions: Less Added Sugar**
- **Product Recalls**
- **Swimming Safety**

**Contact Information**

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