

A  
Residential  
Care  
Facilities  
Licensing  
Newsletter



## Pneumococcal Vaccine

Pneumococcus (*Streptococcus pneumoniae*) is an important cause of illness and death among the elderly, people with chronic conditions, and those living in care facilities. It can cause pneumonia, meningitis, and sepsis. The best way to protect high-risk people against pneumococcal infections is through immunization. All residents of Extended Care or Intermediate Care Facilities, who have not previously received a dose, should be immunized with Pneumococcal Polysaccharide Vaccine at the time of admission to the facility, providing they have no contraindications. In addition, adults who have the following conditions should receive a once-only revaccination 5 years after the initial immunization: anatomic or functional asplenia, sickle cell disease, immunosuppression related to disease or therapy, chronic kidney disease, chronic liver disease. ~ Dr. Murray Fyfe, Medical Health Officer

## Exemptions are not transferable

Just a reminder to all, that exemptions are not transferable from one location to next or from one licensee to another. If you move locations, you will have to re-apply for any exemptions that you continue to require at your new site. If you transfer the ownership of your facility to another person (sell, lease, etc.), that person will have to both submit an application for a community care facility licence and, if they wanted any exemptions that you had been granted to continue, will have to apply themselves for those exemptions.

### Another reminder regarding Exemptions – Update your Medication Self-Administration Requests

Please inform your Licensing Officer regarding any updates in information related to residents with approved medication self-administration exemptions.

## Food Guide Basics

Eat well with *Canada's Food Guide*! Learning more about Canada's Food Guide will help you and your family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

**Having the amount and type of food recommended and following the tips included in Canada's Food Guide will help:**

- ❖ Meet your needs for vitamins, minerals and other nutrients.
- ❖ Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- ❖ Contribute to your overall health and vitality.

Licensing has copies of Canada's Food Guide available. Please visit our offices to pick up your copy. For more information, please visit [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

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For more  
Residential Care Licensing  
information visit our website:  
[www.viha.ca/mho/licensing](http://www.viha.ca/mho/licensing)

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Produced by Vancouver Island Health Authority - Child & Adult Residential Care Licensing

## Maintaining Healthy Habits

Eat well and be active today and every day! Eating well and being active work together for a healthier you. These healthy habits may help you reduce your risk of obesity, type-2 diabetes, heart disease, certain types of cancer and osteoporosis while providing many benefits such as:

- Better overall health
- Lower risk of disease
- A healthy body weight
- Feeling and looking better
- More energy



## Stronger muscles and bones

Steps towards better health and a healthy body weight include:

- ❖ Eating the recommended “[amount](#)” and “[types](#)” of food each day.
- ❖ “[Limiting foods](#)” and beverages high in calories, fat, sugar or salt (sodium).
- ❖ “[Being active](#)” every day.

## The Scoop on Juice

The last time the Licensing Nutritionists wrote an article on the matter of juice was in 1999. We had observed that there was a lot of confusion about the difference between actual fruit juice and other fruit flavored beverages composed mainly of water, sugar and flavouring, which are often referred to as ‘juice’. While real fruit juice makes a valuable contribution to vitamin and mineral intake, fruit flavoured beverages are more comparable to soft drinks in their nutritional value.

Since 1999, we have been seeing a lot more “real” 100% fruit and vegetable juices being used in community care facilities. However there still appears to be some confusion about the use of real juice compared with fruit flavoured beverages. While consuming one to two servings of juice per day can be part of a balanced and healthy diet, drinking fruit flavored beverages provides just fluid and sugar. The way to tell whether you are getting real juice or just fruit beverages is to read the fine print on the ingredient list, and look for a product which does not include the terms ‘sugar’, ‘glucose’, ‘fructose’, or other sweeteners. Bottoms up to real juice!

## Healthy Eating for Seniors Handbook

Interested in copies of the “Healthy Eating for Seniors Handbook”? For BC Seniors and those who work with BC Seniors, to order individual and multiple copies call the Health and Seniors Information Line. In Victoria, call: (250) 952-1742. From elsewhere in B.C. call toll-free: 1-800-465-4911. These copies are free for BC Seniors and those who work with BC Seniors.



To view Healthy Eating for Seniors online see: [http://www.healthservices.gov.bc.ca/seniors/healthy\\_eating.html](http://www.healthservices.gov.bc.ca/seniors/healthy_eating.html) “Healthy Eating for Seniors” is also available for purchase by contacting Queens Printers. In Victoria call: (250) 387-6409. From elsewhere in B.C. call toll-free: 1-800-663-6105

## Hot Water Temperature Must Not Exceed 49 Degrees Celsius

The Adult Care Regulations (ACR) state that, “A licensee must ensure that the hot water temperature supplied to the bathtubs, showers and handbasins used by the persons in care will not exceed 49 degrees Celsius.” For larger facilities this may be easier to achieve, as there is often a hot water system for the kitchen and laundry, separate from the hot water system used for the persons in care. In these facilities, Environmental Health Officers inspect the facility kitchen and ensure that the licensee is meeting the requirements set out in the Food Premises Regulation.

However in smaller facilities, such as group homes, there is no reason for the hot water temperature to be higher than 49 degrees Celsius (C) anywhere in the facility. To maximize the effectiveness of your dishwasher, choose the wash cycle that provides the highest temperature setting, for example, it may be called the “sani-cycle”, “temperature boost”, etc. The same information applies to your washing machine.

While a hot water temperature above 49 degrees (C) contravenes Section 5.10 of the ACR, hot water temperatures below 49 degrees (C) are also undesirable. Keeping the hot water temperature at 49 degrees (C) will prevent scalding, will reduce costs and help the environment!



## **Food Safety: Ten Easy Steps to Make Food Safe**

### ***Why Worry?***

It is estimated that hundreds of British Columbians get sick from food poisoning every day. The symptoms of food poisoning include stomach cramps, nausea, vomiting, and diarrhea. The symptoms usually go away after one to three days. However, serious cases of food poisoning can result in prolonged sickness and even death. Follow ten simple safety rules to help prevent these illnesses and deaths:

### ***Cook It!***

Many foods may contain harmful bacteria, viruses and parasites. Meats, poultry, fish and eggs are some examples. Casseroles, pies, stews and other meals made with these foods can also be dangerous. You should make sure that these types of food are properly cooked before you eat them:

- Cook steaks, fish fillets and eggs to a minimum of 63°C (145°F).
- Cook pork and ground fish or meat to 71°C (160°F).
- Cook poultry; field dressed wild game, and stuffed meats to 74°C (165°F).

Some oven thermostats are inaccurate, so you should use a meat thermometer (put into the deepest part of the food, but do not touch a bone) to make sure the proper cooking temperature has been reached.

### ***Cool It!***

Improper cooling is one of the leading causes of food poisoning. Do not leave food to cool on the counter for longer than two hours. To save cooked foods, separate large items such as roasts or soups into portions no more than three inches thick, and place in the refrigerator or freezer within two hours.

### ***Reheating Food***

Cooking does not kill all harmful bacteria. After cooking, the remaining bacteria can grow rapidly when the food is cooling and being re-heated. Therefore, you should re-heat the food to at least 74°C (165°F)

### ***Microwave Cooking***

Although microwave cooking is fast, the heat distribution is uneven. Stir or rotate food in the microwave at least once during cooking to improve heat distribution. Heat foods in the microwave to at least 14°C (25°F) higher than that recommended for conventional heating. Food reheated in microwave ovens should reach 88°C (190°F) and be allowed to stand covered for two minutes afterwards.

### ***Avoid the Danger Zone!***

Harmful bacteria can grow rapidly between 4°C (40°F) and 60°C (140°F). Therefore, foods such as meat, poultry, dairy products, and eggs must be kept warmer than 60°C (140°F) or colder than 4°C (40°F).

Do not leave food to thaw on the counter. Always defrost foods in the refrigerator, under cold running water, or in the microwave.

### ***Protect Your Foods***

Transport and refrigerate your perishable food as quickly as possible. This helps prevent the growth of harmful bacteria. Cover or wrap ready-to-eat foods and store them in the fridge *above* uncooked foods. Remember, always read the label for storage instructions.

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## ***Wash Your Hands***

Harmful bacteria can be found everywhere. They can be picked up, for example, by petting the dog, handling the pet turtle, changing diapers or preparing raw foods, especially meats and poultry. Even healthy people can carry harmful bacteria and viruses.

It is essential to wash hands properly after you use the washroom, and before you eat or handle food, particularly ready-to-eat food. Hand washing includes scrubbing all parts of your hands with soap for at least 20 seconds and rinsing them under warm water. Dry hands with a clean cloth or paper towel.

## ***Wash and Sanitize Surfaces***

Always wash and sanitize surfaces where you prepare and place foods. Many cases of food poisoning and contamination are caused by using the same cutting board, plate or utensil to prepare raw meat and ready-to-eat foods. Cutting boards, plates and utensils must always be washed and sanitized immediately before ready-to-eat foods are placed on them.

Remember, wash dishcloths as well! Warm and damp dishcloths can be ideal breeding grounds for bacteria. They are often used to wipe contaminated and other surfaces. This spreads harmful bacteria to areas where foods are placed. Dishcloths must be washed well and sanitized regularly. You can make a sanitizing solution as follows:

- Mix 1/2 ounce or 1 tablespoon of 6 per cent household bleach into 1 gallon of water; or,
- Mix 1 teaspoon of 6 per cent bleach into 1 litre of water.

## ***Prepare Food***

Harmful bacteria and viruses can be spread from people to the food being prepared or handled. Some of these, such as Salmonella, Hepatitis A and E.coli are then passed on to people who eat the food and get sick. Therefore, any person who gets sick with symptoms of diarrhea or vomiting, or who has infected cuts or sores, should not be allowed to handle food in any way.

## ***If in Doubt, Throw it Out!***

Finally, do not take chances with your food. Remember, contaminated foods may not look or smell bad so if in doubt, throw it out!

This article was taken from **BC HealthFile #59a, July 2007 – Food Safety: Ten Easy Steps to Make Food Safe**. For more information on Food Safety and other health related topics covered in BC HealthFiles visit this website: <http://www.bchealthguide.org/healthfiles/httoc.stm>

### **For VIHA Region-wide Updates:**

**South Island: Gateway Village:** 201-771 Vernon Ave, Victoria, BC V8X 5A7, PH: 475-2235, FAX: 475-5130

#### **Training:**

**Orientation to Licensing for New and Pending Managers of Residential Care Facilities.**

Dates: September 25, and November 20 Time: 9:30 - 11:30am

Register with Gail or Shawna at 475-2235

***Space is limited to 15 participants. Call for more information or to register.***

#### **Central Island New Location and Contact Numbers:**

#29 - 1925 Bowen Road, Nanaimo BC, V9S 1H1, PH: 739-5800, FAX: 751-1118

**North Island:** 200 - 100 Island Highway, Campbell River, BC V9W 8C6 **New** PH: 850-2110, FAX: 286-3486

## **Revisions to the Requirements for Child Residential Care Facilities**

With the introduction of the renewed Child Care Licensing Regulations on November 8, 2007, changes to the requirements for Child Residential Care Facilities were put in place. Please contact your Licensing Officer to discuss these changes and how to remain in compliance with the legislation.

Copies of these regulations may be downloaded for free from the Community Care Facilities Branch website:

<http://www.healthservices.gov.bc.ca/ccf>

Copies of both of these pieces of legislation can also be purchased from Queen's Printers:

Website: [http://www.qp.gov.bc.ca/statreg/list\\_statreg.c.htm](http://www.qp.gov.bc.ca/statreg/list_statreg.c.htm) Phone: (250) 387-3309