

# Quality Care For Kids

A newsletter for Scott County  
Child Care Providers

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Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



## Enterovirus D68

Enteroviruses are common in the summer and fall months. Enterovirus D68 (EV-D68) is a virus that can cause mild to severe respiratory illness. Since mid-August, 27 states, including Iowa, have confirmed cases of EV-D68 and Illinois and Missouri are seeing more children than usual with severe respiratory symptoms.

Mild symptoms include: fever, runny nose, sneezing, cough and body aches. Severe symptoms include: difficulty breathing and wheezing which can come on very quickly. Infants, children, and teenagers who have a history of

asthma are more likely to become severely ill.

EV-D68 spreads from the infected person to others by coughing, sneezing and touching contaminated surfaces. There is no specific treatment for the virus however parents of children with cold-like symptoms that experience wheezing should contact their health care provider. Parents of children with asthma should make sure that they discuss and update with their physician their child's asthma action plan. A copy of the child's asthma action plan should be given to their child care provider along with the medication (rescue med.

& inhaler/nebulizer) and medication consent form.

There are no vaccines to prevent EV-D68. Ways to reduce the spread include: good hand washing with soap & water for 20 seconds; avoid touching eyes, nose, and mouth; covering your cough; staying home with symptoms of severe illness and fever; avoid kissing, hugging, and sharing of cups or eating utensils with people who are ill; disinfect frequently touched surfaces such as toys and door-knobs. For more information go to: [www.cdc.gov](http://www.cdc.gov) and click on "Enterovirus D68"

## Childhood Mental Health

Mental health in childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Childhood mental health disorders can change the way a child learns, behaves or handles their emotions. Some examples of childhood mental disorders are:

- ADHD
- Autism spectrum disorders
- Behavior disorders

- Mood and anxiety disorders
- Substance use disorders
- Tourette Syndrome

Symptoms often start in early childhood. Early diagnosis and treatment is important for the child's development. The CDC has free developmental tools and resources for early childhood providers/educators. "Learn the signs. Act early" includes free materials and online training. Contact your child care nurse consultant or go to [www.actearly.gov](http://www.actearly.gov)

### Prevent the FLU!

The Centers for Disease Control (CDC) encourages everyone 6 months of age and older to get their flu vaccination.

October is the best month to get protected! Contact your health care provider today!

[www.flu.gov](http://www.flu.gov)