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# Quality Care For Kids

A newsletter for Scott County  
Child Care Providers  
(written by Heidi Hotvedt, RN BSN)

SEPTEMBER 2015



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



September is National Preparedness month. The Centers for Disease Control and Prevention (CDC) encourages all Americans to "Be prepared for every season".

Iowa DHS requires that child development home providers, child care centers and preschools have a preparedness plan that addresses all types of weather events, fire, and flooding as well as power

## Resolve to be Ready!

failures, chemical spills, bomb threats, nuclear evacuations (if a nuclear power plant or facility is nearby), intruders within the center/home and any other disaster that could cause structural damage to the child care facility. Having a preparedness plan, sharing your plan with parents as well as your local emergency preparedness team, and creating a 24 hour emergency supply kit ensures that you and the

children you care for are healthy and safe in the event of an emergency.

For more information about the CDC's National Preparedness month go to [www.ready.gov](http://www.ready.gov). Contact your child care nurse consultant for help with developing your preparedness plan or to find out how to contact your local emergency preparedness team. To download a Child Development Home or Center Emergency Preparedness Plan go to <http://dhs.iowa.gov/iqrs/forms>

## Influenza

The Flu (or influenza) is a contagious respiratory illness caused by flu viruses. Influenza can cause mild to severe illness and even death. Symptoms of the flu include:

- Cough
- Fever
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Sometimes vomiting and diarrhea (more common in children).

The Centers for Disease Control (CDC) recommends a 3-step approach for fighting the flu:

1. Get Vaccinated! Children (6 months of age and older) and adults should get vaccinated yearly. Flu

vaccination starts in October.

2. If you or your child gets the flu (or have symptoms) get treatment right away!
3. Follow these everyday prevention steps:
  - When you or your child is sick, stay home.
  - Wash your hands often with soap and water, remember to scrub for 20 seconds!
  - Cover your cough (and sneezes).
  - Avoid touching your eyes, nose and mouth. Germs spread this way!
  - Clean and disinfect surfaces, toys, and objects that may be contaminated with germs.

For more information contact your health care provider & go to [www.flu.gov](http://www.flu.gov)

I-Smile™ invites you to promote healthy oral hygiene habits for the kids in your care! Take advantage of the oral health supplies (like toothbrushes, toothpaste, floss and oral health education and activities) available through Scott County's I-Smile™ Coordinator, Sarah Borsdorf. She can be reached at 563-326-8645 or [sarah.borsdorf@scottcountyia.com](mailto:sarah.borsdorf@scottcountyia.com).