

Jessica Redden, RN
Child Care Nurse Consultant
Scott County Health Department
600 W. 4th Street
Davenport, IA 52801
563-326-8618 Ext. 8821
Jessica.redden@scottcountyiowa.com



Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Jane Matzen, RN; Jessica Redden, RN; Heidi Hotvedt, RN

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Sunscreen and Insect Repellent



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



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It's the time of the year to re-view your sunscreen and insect repellent use policy. Caring For Our Children National Health and Safety Performance Standards for Early Care and Education Programs (3rd edition) recommends the following:

Sun Safety and Sunscreen

- Keep infants younger than six months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- Wear a hat or cap with a brim that faces forward to shield the face
- Limit sun exposure between 10 AM and 4 PM, when UV rays are strongest.
- Wear child safe shatter resistant sunglasses with at least 99% UV protection.
- Apply sunscreen to children 6 months and older following label instructions.
- Written parent permission and documentation by staff of the application is required. If it is not applied document why.
- When gloves are not used, handwashing should occur in between each application. If a child or staff member has open areas (cuts, wounds, etc.) on their skin, gloves should be worn.
- When gloves are used, they should be changed in between each child's application. Ideally, hands are washed in between each pair of gloves, but this is an extra step that may not be feasible when applying sunscreen to multiple children.
- Children with allergies to sunscreen or prescription sunscreen should have their sunscreen applied first, to avoid any risk of exposing them to another product.
- Sunscreen should be worn at least May 1st through September 30th. Using the online daily UV index may be the best guide for when to apply.
- Do not use aerosol sunscreens, since they will impact indoor air quality, and some children and

staff may be sensitive to the aerosol.

- Apply sunscreen 30 minutes before outdoor exposure making sure that the last child to get sunscreen applied has 30 full minutes before going outside.

Insect Repellent

Repellents with 10%-30% DEET offer the broadest protection against mosquitoes, ticks, flies, chiggers, and fleas. If insect repellents are used follow these recommendations:

- Apply insect repellent to the caregiver's hands first and then put it on the child.
- Do not apply under clothing.
- Do not use DEET on the hands of young children.
- Avoid applying to areas around the eyes and mouth.
- Do not use over cuts or irritated skin.
- After returning indoors, wash treated skin immediately with soap and water.

Go to <https://www.epa.gov/sunsafety> for your UV index by zip code or download the app.

Help I found a tick on a child in my care!

After finding a tick on a child, what should the child care provider do first?

- Notify the child's parent/guardian.
- Follow these steps for tick removal from Caring for Our Children National Health and Safety Performance Standards (3rd edition) Standard 3.4.5.2:
 1. If possible, clean the area with an antiseptic solution or soap and water. Take care not to scrub the tick too hard. Just clean the skin around it.
 2. Use a disposable blunt, fine tipped tweezers or gloved fingers to grasp the tick as close to the skin as possible.
 3. Pull slowly and steadily upwards to allow the tick to release. Do not twist, crush or pinch the tick.
 4. If the tick's head breaks off in the skin, use tweezers to remove it like you would a splinter. Or leave it in place and allow to heal.
 5. Following the removal of the tick, throw away the used tweezers and gloves. Wash your hands.
 6. Apply gloves and clean the skin area around the bite with soap and water. Apply a bandage if there is a break in the skin.
 7. Remove your gloves, wash your hands and the child's hands. For more information: http://www.cdc.gov/ticks/removing_a_tick.html