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# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

Heidi Hotvedt, RN BSN Healthy Child Care Iowa

OCTOBER 2016



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



[www.earlychildhoodiowa.org](http://www.earlychildhoodiowa.org)

The Child Care Nurse Consultant Program is funded by



## Breathe Easy

Iowa's Smokefree Air Act (SFAA) prohibits smoking in child care facilities and child care homes. The SFAA does not include smokeless tobacco and electronic smoking devices. Child care professionals should consider updating their policy to prohibit all tobacco products, at all times, and extend the entire property.

Here are some facts you should know about tobacco use:

- Tobacco use is the single most preventable cause of death in the United States.
- There is no safe level of secondhand smoke exposure.
- Imitation tobacco products may lead children to use tobacco by desensitizing them to the dangers of tobacco and advancing the false idea of tobacco use as socially acceptable.
- Tobacco products (all types of tobacco, nicotine and electronic smoking device (ESD) products), once consumed in public spaces, are often discarded on the ground requiring additional maintenance expenses, diminish the beauty of outdoor grounds, and pose a risk to toddlers due to ingestion.
- The prohibition of tobacco and nicotine use at all times will serve to protect the health, safety and welfare of staff, students and visitors.

IDPH has **new** policy guidelines for tobacco and nicotine-free child care facilities and homes.

For information on these new policy guidelines go to <http://idph.iowa.gov/hcci/products>

For more information about Iowa's Smokefree Air Act go to <http://www.iowasmokefreeair.gov/>

**Contact your local Tobacco Community Partnership to assist with this update:** <https://www.iowastep.org/community-partnerships>

## It's Flu Season

Each year, an average of 20,000 children younger than 5 years are hospitalized because of flu-related complications like pneumonia and respiratory failure. Influenza causes more hospitalizations among young children than any other vaccine-preventable disease. **The single best way to protect against seasonal flu is for children and the adults who care for them to get a flu shot. Flu vaccination is recommended for all children aged 6 months and older.**

**Also encourage children, parents, and staff to take the following actions:**

- **Stay home when you are sick.** If possible, stay home from work, school/child care, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- **Wash your hands often with soap and water**, especially after you cough or sneeze.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces and objects.

Contact your health care provider to get your flu vaccination. For more information about influenza prevention go to <http://www.cdc.gov/flu/>