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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.



www.earlychildhoodiowa.org

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Quality Care For Kids

A newsletter for Scott County Child Care Providers

Heidi Hotvedt, RN BSN Healthy Child Care Iowa

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Handwashing

Handwashing is easy to do and it's one of the most effective ways to prevent the spread of many types of infection and illness in all settings—including child care facilities. Clean hands can stop germs from spreading from person to person as well as from person to objects in the environment.

Having a policy on the proper steps of handwashing, when handwashing should occur, and training on handwashing has shown to reduce illness in the child care setting. Research has shown that in child care centers that have implemented hand hygiene training, the incidence of diarrheal illness was decreased by 50%. Several studies demonstrated a reduction in upper respiratory symptoms when frequent and proper hand hygiene practices were incorporated into a child care center's curriculum.

Child Care Nurse Consultants are available for assisting child care programs with handwashing policy and training. To contact your local CCNC go to www.idph.iowa.gov/hcci

December 4-10 is National Handwashing Awareness Week. The Healthy Child Care Iowa website has free handwashing posters available to download and print. Go to www.idph.iowa.gov/hcci click on "printed products" tab.

For more information about the National Handwashing Week go to: www.henrythehand.com/

Plain Soap and Water

According to the U.S. Food and Drug Administration (FDA), there isn't enough science to show that over-the-counter antibacterial soaps are better at preventing illness than washing with plain soap and water. To date, the benefits of using antibacterial hand soap haven't been proven. In addition, the wide use of these products over a long time has raised the question of potential negative effects on health.

In September, the FDA banned most antibacterial soaps and body washes from being sold in stores. Manufacturers have a year to take triclosan, triclocarban, and 17 other chemicals out of their products. Currently, about 93% of liquid soaps include triclosan which can be found in about 2,000 liquid products labeled "antibacterial" or "antimicrobial."

The use of antimicrobial soap is not recommended in child care settings and it will soon not be available on the market. Plain soap (either liquid or foam is best). For more information go to <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm378393.htm>