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# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

By Christine McClimon, RN and Heidi Hotvedt, RN

M A Y 2 0 1 7

## Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

### MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



### Measles Can Be Serious

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



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

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As of Tuesday, April 25, Minnesota had reported 24 laboratory confirmed cases of measles. **There are currently NO confirmed cases in Iowa**; however, health care providers in Iowa need to be vigilant about measles. Measles is a public health emergency.

Child care providers can help to prevent the spread of measles by:

- Checking that all children and staff are up-to-date with measles vaccinations.
- Encourage parents to have their child(ren) vaccinated following the recommended schedule.
- Consider measles in anyone presenting with fever and the 'Three Cs' – cough, coryza (runny nose), and conjunctivitis followed by rash three to five days later.

The measles vaccine is very effective. One dose of measles vaccine is about 93% effective at preventing measles if exposed to the virus. Two doses are about 97% effective. Fully vaccinated people who get measles are much more likely to have a milder illness. In addition, fully vaccinated people are less likely to spread the disease to other people, including people who cannot get vaccinated because they are too young or have weakened immune systems.

The Centers for Disease Control (CDC) recommends that children get two doses of MMR (Measles, Mumps, Rubella) vaccine: the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Teens and adults should also be up to date on MMR vaccinations.

Every year, unvaccinated travelers (Americans or foreign visitors) get measles while they are in other countries and bring measles into the United States. They can spread measles to other people who are not protected against measles, which sometimes leads to outbreaks. This can occur in communities with unvaccinated people. Most people in the United States are protected against measles through vaccination.

For more information about Measles and the recommended schedule go to <https://www.idph.iowa.gov/cade/disease-information/measles>

### Fever

Caring For Our Children National Health and Safety Performance Standards, 3<sup>rd</sup> edition is now defining fever as **temperature for an infant or child older than 2 months that is above 101 degrees F [38.3 degrees C] by any method. For infants younger than 2 months of age a fever is a temperature above 100.4 degrees F [38 degrees C] by any method.** Temperature readings do not require adjustment for the location where the temperature is taken. Simply report the temperature and the location, as in "101 degrees in the armpit".

Fever is an indication of the body's response to something, but is neither a disease nor a serious problem by itself. Body temperature can be elevated by overheating caused by overdressing or a hot environment, reactions to medications, and response to infection.

Fever and behavior change or other signs and symptoms (e.g., sore throat, rash, vomiting, diarrhea) in infants older than 2 months of age requires exclusion from child care. For infants younger than 2 months of age, a fever with or without a behavior change or other signs and symptoms requires exclusion and immediate medical attention. For more information about fever and illness exclusion criteria go to <http://www.idph.iowa.gov/hcci/products> and contact your local child care nurse consultant.