

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 and Heidi Hotvedt, RN

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### Window Covering Safety

A recent study “Pediatric Injuries Related to Window Blinds, Shades and Cords” (*Pediatrics*, January 2018, vol. 141-1) reported that from 1990 to 2015 there were an estimated 16,827 window blind-related injuries among children younger than 6 years of age treated in emergency departments in the United States. Entanglement injuries accounted for 12% of all cases, and two-thirds of entanglement incidents resulted in death.

Window blind cords have been recognized as a safety hazard for young children for more than 70 years. Numerous voluntary safety standards and recalls for window blinds have been implemented to reduce the risk of these injuries. However, window blinds remain an important injury hazard for young children.

To prevent window blind-related injuries:

- Remove all cribs, beds, furniture and toys away from windows and window cords.
- Keep all window cords out of reach and out of sight.
- Replace corded window coverings with cordless or cords that are inaccessible.
- If you are unable to replace older corded window blinds, contact the Window Covering Safety Council for a free retrofit kit.

### Window Covering Safety Council

To help prevent cord accidents, the Window Covering Safety Council provides FREE retrofit kits for older corded window blinds, shades and draperies that do not meet the latest safety standards. Retrofit instructions are included with each order. For more information, downloadable posters, or to order a retrofit kit go to <https://windowcoverings.org/> or call 1-800-506-4636.

For questions about keeping kids safe contact your local child care nurse consultant.

### Is it Stomach Flu or Influenza (Flu)?

Sometimes when we hear that someone has “the flu” we can confuse the gastrointestinal type “stomach flu” with influenza which is a “respiratory flu”. Here is a list of symptoms:

#### Influenza Flu:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

#### Stomach Flu: Also known as

Norovirus or acute gastroenteritis.

- Diarrhea
- Throwing up
- Nausea
- Stomach pain
- Other symptoms such as fever, headache, body aches

The Centers for Disease Control recommends everyday preventive actions (like staying home when you are sick, frequent handwashing and covering coughs/sneezes) to help slow the spread of germs that cause respiratory illnesses, like Influenza and gastrointestinal illnesses like Norovirus. Also, the most important step in preventing Influenza is to get a flu vaccination each year!

#Cordlessforkids

Only Use Cordless Window Coverings in Homes with Young Children



Learn More: [windowcoverings.org](http://windowcoverings.org)

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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