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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

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Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Heidi Hotvedt, RN

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Food Allergies

Food allergy affects 8 percent of children in the United States and food allergies are the leading cause of anaphylaxis, a life-threatening allergic reaction that affects the entire body. Many foods can produce an allergic reaction from mild to severe. 40 percent of children with a food allergy have experienced a severe allergic reaction. 25 percent of first-time anaphylactic reactions occur at child care/school.

The eight most common foods associated with food allergy include:

- Cow's Milk
- Egg
- Peanut
- Tree nut
- Soy
- Wheat
- Fish
- Shellfish

The Americans with Disabilities Act (ADA) recognizes severe food allergies as a disability. Child care providers must be prepared to care for children with food allergies and manage allergic reactions, including anaphylaxis. Safe medication administration is important to ensure high-quality care and compliance with ADA law.

Forms that should be completed (and physician signed) for a child who has food allergies:

- *Food Allergy and Anaphylaxis Emergency Care Plan*
- *Diet Modification Request Form* (if you participate in the Child and Adult Care Food Program-CACFP)

The *Food Allergy and Anaphylaxis Emergency Care Plan* provides information of what to do in the event of a reaction or emergency. The plan includes the child's food allergy diagnosis, symptoms, triggers, medication to be given including epinephrine, parent/physician notification and emergency care. Available at <https://idph.iowa.gov/hcci/products>

The *Diet Modification Request Form* includes special dietary needs/allergies and food substitutions allowed. Available from your CACFP consultant.

Contact your local Child Care Nurse Consultant (CCNC) to assist with care planning to assure health needs are met for children while in care. CCNCs are also available for provider staff training on a child's special needs care plan.

Influenza (Flu) Update

Influenza is widespread in Iowa. Symptoms of Influenza (flu) include:

- 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.

vaccine this season should get it now! The CDC also recommends everyday preventive actions for staying healthy:

- Adults and children should stay home when feeling sick or running a fever.
- Frequent handwashing. Remember to scrub for 20 seconds.
- Cover your mouth and nose with a tissue (or the inside of your elbow) when coughing or sneezing.
- Clean and disinfect toys and surfaces. Clean and sanitize mouthed toys.

For more information go to www.cdc.gov/flu and the HCCI *Common Child Care Illnesses and Exclusion Criteria* Fact Sheet at <https://idph.iowa.gov/hcci/products>

The Centers for Disease Control recommends that everyone 6 months of age and older should get a flu vaccine every year. Anyone who has not received the influenza