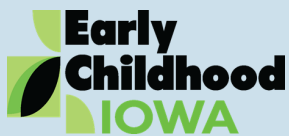


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Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs. **A handwashing lesson is available for preschool aged children in Scott County. Contact Jessica for more information.**



www.earlychildhoodiowa.org

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Quality Care For Kids

A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN

DECEMBER 2018

Handwashing

December 2-8 is National Hand-washing week. Child care, preschools, and schools are primary areas to be exposed to a variety of germs. Frequent hand-washing can and will help prevent most diseases and illnesses.

Facts regarding hand-washing from the CDC: Hand-washing with soap could protect about 1 out of every 3 young children who get sick with diarrhea and almost 1 out of 5 young children with respiratory infections like pneumonia. Although people around the world clean their hands with water, very few use soap to wash their hands.

Washing hands with soap removes germs much more effectively .



Hand-washing education and access to soap in child care, preschools, and schools can help improve attendance. Good hand-washing early in life may help improve child development in some settings.

Some helpful reminders of when to wash your hands:

- After diapering
- After using the restroom
- Before, during, and after preparing food and/or bottles
- Before and after treating a cut or wound
- Before and after giving medications
- After blowing your nose or coughing.

To download and print off a handwashing poster from Healthy Child Care Iowa visit: <http://www.idph.iowa.gov/hcci/products>

*This week also marks **National Influenza Vaccination Week.** Please remember to get your flu vaccine, as well as reminding parents to have their children get one too.*

This time of year, it's fun to decorate your home and classroom for the holidays. Often lights add to making your room look festive. A few helpful safety rules to follow from the State Fire Marshall's office and DHS:

- ◆ Lights should be Underwriter's Laboratories (UL) approved
- ◆ Lights should be plugged directly into the wall (no extension cords)
- ◆ Lights should not be hung from the sprinkler heads or sprinkler system piping
- ◆ Lights must be at least 18 inches away from all sprinkler heads
- ◆ Lights should not obstruct any exit path or be a trip hazard

For additional information Consumer Product Safety Commission: *Put Safety at the Top of Your List When Decorating this Holiday Season* <https://www.cpsc.gov/content/put-safety-at-the-top-of-your-list-when-decorating-this-holiday-season>