

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



Photo: CDC/ Scott Housley

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



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# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN BSN

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### Sun Safety

Summer is fast approaching! Soon lots of time will be spent outdoors. While the time we spend in the sun is enjoyable, we must also take proper precautions to prevent damage to the skin—just a few sunburns can increase the risk of skin cancer in the future. Ultraviolet (UV) rays, not the temperature, is what causes damage to our skin—even if there are clouds. Unprotected skin can be damaged by UV rays quickly in as little as 15 minutes and can take up to 12 hours to show the full effect.

Caring for Our Children National Health and Safety Performance Standards has the following recommendations to be safe in the sun:

- Keep infants younger than six months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy
- Wear a hat or cap with a brim that faces forward to shield the face
- Limit sun exposure between 10 AM and 4 PM, when UV rays are strongest
- Wear child safe shatter resistant sunglasses with at least 99% UV protection
- Apply sunscreen with an SPF of 15 or higher for children 6 months of age and older
- Protective clothing should be worn by infants younger than 6 months of age

Parent/guardian written permission is required for over-the-counter sunscreen to be applied while at child care. Sunscreen needs to be applied every two hours. It is recommended that parents/guardians apply the brand of sunscreen at least one time to observe for potential adverse reactions before it is brought to child care.

For specific UV Index information by zip code go to <http://www.epa.gov/sunwise/uvindex.html> For more information regarding sun safety, contact your child care nurse consultant for guidance.

### Insect Repellent

Outdoor time also increases the risk for insect bites. In Iowa cases of West Nile Virus from mosquitoes and Lyme disease from deer ticks occur every year. To help lessen the risk of exposure eliminate standing water where mosquitoes breed and clear brush and keep grass short in your outdoor play area. Insect repellent requires written permission from parents/guardians to apply to children ages 2 months and older. For children under 6 months, physician guidance is recommended. Caring for Our Children has the following recommendations for applying insect repellent:

- Follow label instructions; 10%-30% DEET offer the broadest protection
- Apply insect repellent to the caregiver/teacher's hands first
- When applying insect repellent on a child, use just enough to cover exposed skin
- Do not apply under clothing
- Do not use on children's hands or areas around the eyes and mouth
- Do not use over cuts or irritated skin
- Do not use near food
- Caregivers/teachers should wash their hands after applying insect repellent
- After returning indoors, wash treated skin immediately with soap and water
- For more information go to the IDPH Vector-borne Disease page at <https://www.idph.iowa.gov/cade/vectorborne-illness#Tick-borne%20diseases>