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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.



<https://earlychildhood.iowa.gov/>

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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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Food Allergies

In America, there are approximately 32 million people living with food allergies, which is about 1 in every 13 children. Every 3 minutes a food allergy causes an emergency room visit.

Food allergies are the overreaction of the body's immune system to a food protein. A food allergy needs to be diagnosed by a physician. The 8 most common food allergies include:

- Milk
- Eggs
- Peanuts
- Tree nuts
- Soy
- Wheat
- Fish
- Shellfish

All food allergies have one thing in common: They can be potentially life threatening and should be taken seriously!

Life threatening anaphylaxis can occur within seconds to minutes of an allergen exposure. Symptoms of anaphylaxis may include: nausea, vomiting, rash, difficulty breathing, and/or shock. **25% of first-time anaphylactic reactions occur at child care/school.**

Food allergies are identified as a disability by the Americans with Disability Act. Child care providers must take appropriate steps to care for children with food allergies. Two forms required to be completed and signed by the child's physician and provided to the child care program are the *Food Allergy Action Plan* and *Diet Modification Request* form (for CACFP). The *Food Allergy Action Plan* will provide information in what to do in the event of an allergic reaction. Both forms are available at <https://www.idph.iowa.gov/hcci/products> Caring for Children with Allergies, Anaphylaxis, and Seizures is a training available on the I-PoWeR training registry. Please contact your local child care nurse consultant for more information about children and food allergies.

COVID-19 Resources

Iowa Department of Human Services

<https://dhs.iowa.gov/COVID19>

Iowa Department of Public Health COVID-19

<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>

Healthy Child Care Iowa (under the "printed products" tab scroll to COVID-19 Resources)

<https://www.idph.iowa.gov/hcci/products>

Centers For Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Child Care Resource and Referral

<https://iowaccrr.org/providers/links/resources2020/>