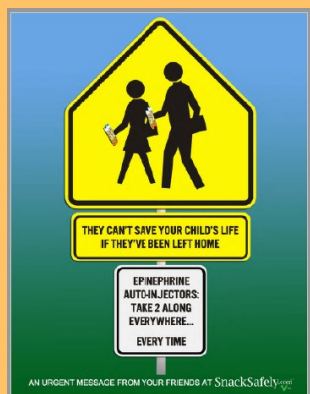


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Free "Take 2" posters are available at <https://snacksafely.com/2017/05/take-2-campaign-flyers-remind-you-to-take-the-epinephrine-along/>

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/>

The Child Care Nurse Consultant Program is funded by



# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

Written by Heidi Hotvedt, RN BSN

SEPTEMBER 2021

### "Take 2" Epinephrine for Anaphylaxis!

Anaphylaxis is a rapid and severe allergic reaction. Anaphylaxis includes a wide range of symptoms that can start quickly—within minutes or several hours after exposure to an allergy trigger. Anaphylaxis symptoms can affect several areas of the body, including breathing and blood circulation. Research shows an increase in childhood allergic reactions from foods, insect stings and medications. Food allergy in children is becoming more common (one in every 13 children) and all allergies can be a potentially life-threatening medical condition.

Children have unique ways of describing their experiences and perceptions. Time can be lost when adults do not immediately recognize that a reaction is happening or don't understand what a child is telling them.

Signs of an allergic reaction in children, especially very young ones, can include:

- Putting their hands in their mouths
- Pulling or scratching at their tongues
- Their voice may change (e.g., become hoarse or squeaky or slurring words)
- A quickly spreading rash or hives
- Swelling of the lips or tongue
- Difficulty breathing, shortness of breath, wheezing, coughing

A child might use words like these to describe a reaction:

- "My tongue [or mouth] is hot [or burning, tingling, itching]."
- "There's something stuck in my throat."
- "It feels like there are bugs in there." (to describe itchy ears)
- "My skin or eyes are burning [or itchy]."
- "My stomach [or tummy] hurts."
- "My chest is tight."
- "Something is wrong" or "Something bad is happening."

Epinephrine helps quickly reverse the life-threatening symptoms of anaphylaxis. Epinephrine auto-injectors should be administered immediately when a child or infant is experiencing symptoms of anaphylaxis. The first dose of epinephrine lasts for 10-20 minutes and often a second dose is needed. **Children at risk for anaphylaxis should have two auto-injectors (Epi Pens) with them at all times, including at child care.**

All children with allergies should have a doctor completed and signed action plan (Food Allergy Plan or Anaphylaxis Action Plan) in child care. Child Care Nurse Consultants are available to assist child care programs in obtaining plans and also for training center staff and home providers on the plan and how to use an epinephrine auto-injector.

### COVID-19 Resources

Iowa Department of Human Services <https://dhs.iowa.gov/childcare-covid-19>

Healthy Child Care Iowa <https://www.idph.iowa.gov/hcci/products>

Child Care Resource and Referral <https://iowaccrr.org/providers/links/resources2020/>

Centers for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/index.html>