

Jessica Redden, RN  
563-326-8618 Ext. 8821  
Jessica.redden@scottcountyiowa.gov

Jennifer Stout, RN  
563-326-8618 Ext. 8829  
Jennifer.stout@scottcountyiowa.gov

Child Care Nurse Consultants  
Scott County Health Department  
600 W 4th Street  
Davenport, IA 52801



Learn what schools and  
childcare providers can  
do to prevent the flu.

Materials and tools  
are available.



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/](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

OCTOBER 2021

### Influenza (Flu) Season!

Influenza is a virus that resides in the respiratory tract, most often during the fall and winter months, and spreads person-to-person. When a person sneezes or coughs, the respiratory droplets are spread through the air and other people breathe them in. It is very contagious, especially amongst children, who often do not cover their coughs and sneezes.

**Everyone 6 months of age and older should get an annual flu vaccine by the end of October!**

Flu vaccination can reduce influenza illnesses, doctors' visits, and missed work and school/child care due to influenza, as well as prevent flu-related hospitalizations. Influenza vaccination is the first and most important step in prevention. Children younger than 6 months are at higher risk of serious flu illness but are too young to be vaccinated. People who care for infants should be vaccinated to help protect them! Contact your health care provider, public health, or pharmacy to get your flu vaccination.

For free flu prevention resources go to <https://www.cdc.gov/flu/resource-center/freeresources/print/print-schools-childcare.htm>

### 5-2-1-0 Healthy Choices Count!

It's all about 5-2-1-0 in October! Throughout the month, schools, communities, early care programs, workplaces and health care clinics celebrate 5-2-1-0 Healthy Choices Count during Healthiest State Month! Each week of Healthiest State Month focuses on a different 5-2-1-0 Healthy Choices Count! habit:

- Week 1: Focus on getting 1 hour of physical activity each day. Participate in the Healthiest State Annual Walk.
- Week 2: Focus on eating 5 fruits or vegetables each day. Participate in Iowa Local Food Day, sponsored by Iowa Department of Agriculture and Land Stewardship.
- Week 3: Focus on 2 hours or less of screen time each day. Reduce screen time by reading a book or participate in a program that doesn't require a screen.
- Week 4: Focus on drinking 0 sugary beverages and more water each day. Water is fuel for your body! To keep your body running smoothly, drink plenty of water throughout the day!

Visit <http://www.iowahealthieststate.com/events/month/> to download a 2021 Toolkit to get started and join the fun!

### 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>