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#### COVID-19 Resources

##### DHS

<https://dhs.iowa.gov/childcare-covid-19>

##### HCCI

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

##### CCR&R

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

##### CDC

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

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

DECEMBER 2021

### Holiday Safety

The holidays are a fun (and busy) time of year. The holidays can also pose many hazards to children. The following are ways to help keep children safe:

- Some popular holiday plants are poisonous to children including Mistletoe, Holly berries, Jerusalem Cherry and Bittersweet. Keep these plants out of the child care environment. In a poison emergency, call the national Poison Control Center at 1-800-222-1222. For a list of non-poisonous plants safe around children go to the Iowa Poison Control Center at <https://www.iowapoison.org/prevention/fall--winter-precautions/winter-holidays/holiday-plants>
- Read instructions and warning labels when choosing toys for children. Make sure the toy or game is appropriate for your child's age and development.
- Choking is a hazard for young children so keep decorations and toys with small parts out of reach. Use a small-parts tester, or choke tube, to determine if a toy is too small. These tubes are designed to be about the same diameter as a child's wind-pipe. If an object fits inside the tube, then it's too small for a young child.
- Be aware of devices and decorations with button batteries. Button batteries are a choking and ingestion hazard to children so keep them out of reach of children!
- Use power strips with a circuit breaker and avoid plugging in too many items. Keep all cords out of reach of children.
- When decorating with lights, check for frayed or exposed wires and loose connections. Remember lights should not be hung from sprinkler heads or sprinkler system pipes.

For more information regarding keeping children safe during the holidays contact your local CCNC and visit the Safe Kids Worldwide website at <https://www.safekids.org/holidays>

### Vaccinate Iowa!

- Every Iowan 5 years of age and up are eligible to get vaccinated against COVID-19.
- COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus, protecting you from getting sick.
- Being protected from the virus is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die.
- For questions about the COVID-19 vaccine go to <https://vaccinate.iowa.gov/know-the-facts/>
- For vaccination locations go to <https://vaccinate.iowa.gov/providers/>