

CCNC Contact

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COVID-19 Resources

DHS

www.dhs.iowa.gov/
[COVID19](#)

HCCI

www.idph.iowa.gov/hcci/products

CCR&R

www.iowaccrr.org/providers/links/resources2020/

CDC

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.

The Child Care Nurse Consultant Program is funded by



www.earlychildhood.iowa.gov

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October Is Breast Cancer Awareness Month

October is a great time to learn more about breast cancer which affects both men and women. In 2021, it was estimated that 43,600 women and 530 men in the U.S. will die from breast cancer and one in eight women will be diagnosed with breast cancer in their lifetime—that's one person every 12 minutes. (Source: Susan G. Komen Foundation) This is why it is important to screening for breast cancer. According to The National Cancer Institute, mammograms can detect breast cancer early, possibly even before it has spread. Talk with your healthcare provider about how often you should get a mammogram, especially if you noticed any changes in how your breasts look or feel. Some breast changes may be normal but others may indicate the need for further assessment.

CHANGES TO NOTICE

- A new lump, thickening or anything that feels different in or around the breasts
- Swelling or tenderness, pain or dimpling of the breasts or nipples
- Puckering, redness, ulcerations or scaly skin on the nipples or breasts
- One or both of the nipples are turned inward
- Any spontaneous discharge or leaking from a nipple or both nipples if you are not breastfeeding
- Change in the size or the shape of the breast
- Anything other breast changes or concerns that you may be experiencing

CARE FOR YOURSELF PROGRAM

The Iowa Department of Health and Human Services offers lowans a program to help with screenings. **Care for Yourself**, a breast and cervical cancer screening program, provides services and education to lowans. It provides life-saving breast and cervical cancer screenings for free or reduced cost. Individuals may qualify if they are between 21-64 years of age and have a monthly income of \$2,683 (take home pay) or less. (Add \$946 to the monthly income for each additional household member.) The program provides:

- Breast cancer screenings, including clinical breast exams and mammograms,
- Cervical cancer screenings, including pap and HPV tests, diagnostic testing, and barrier assistance

Care for Yourself offers a confidential, [3-minute](#) quiz to find out if you should be screened for breast and cervical cancer more often. Remember to talk with your doctor and make a plan to keep yourself healthy. For more information about the Care for Yourself Program, call (866) 339-7909 or visit www.idph.iowa.gov/cfy.

ADDITIONAL RESOURCES

Visit the Susan G. Komen Foundation to watch a [video](#) about breast cancer incidences in the U.S. The National Cancer Institute [website](#) has a variety of topics about breast cancer education including treatment, causes, prevention, research, screening and coping with cancer.

Global Handwashing Day Is October 15

Handwashing helps to reduce illnesses. According to the CDC, hand washing can prevent one in three diarrhea-related illnesses and one in five infections, including the flu. Did you know that Healthy Child Care Iowa has a free, downloadable [Handwashing Poster](#) to help kids visually learn the steps of good handwashing? You may also download a free [Diapering Poster](#). Visit www.idph.iowa.gov/hcci/products for more helpful resources for early childhood environments.

