



CCNC Contact

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COVID-19 Resources

DHS

[www.dhs.iowa.gov/
COVID19](http://www.dhs.iowa.gov/COVID19)

HCCI

[www.idph.iowa.gov/hcci/
products](http://www.idph.iowa.gov/hcci/products)

CCR&R

[www.iowaccrr.org/
providers/links/
resources2020/](http://www.iowaccrr.org/providers/links/resources2020/)

CDC

[www.cdc.gov/
coronavirus/2019-ncov/
index.html](http://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.

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www.earlychildhood.iowa.gov

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Pediatric Respiratory Illnesses on the Rise

In the last month, increased respiratory illnesses in Iowa have been reported by the Department of Iowa Health and Human Services (IHHS) and also nationwide. Early childhood programs can help to reduce or prevent these illnesses from spreading. Some ways to help to reduce the spread of these types of illnesses in early childhood programs and in your community are included in this month's newsletter.

The Federal Maternal Child Health Bureau has information about keeping everyone safe and healthy as respiratory illnesses are on the rise. An important step that parents and caregivers can take is to get vaccinated against the flu and COVID-19 to help keep kids—especially those under 6 months, who can't yet receive flu or COVID-19 vaccines—safe. To help prevent the spread of respiratory viruses, follow these guidelines:

- Avoid close contact (such as kissing, shaking hands, and sharing cups and eating utensils) with people who are sick
- Stay home when sick
- Cover your coughs and sneezes with a tissue or your upper shirt sleeve (not your hands)
- Wash your hands often with soap and water for at least 20 seconds
- Clean frequently-touched surfaces such as doorknobs and mobile devices

Vaccinating against flu and COVID-19 is a primary strategy for preventing illness and reducing severity of illness; this not only protects individuals from potentially serious respiratory disease, but also helps to prevent additional strain on the healthcare system. Contact your primary health care provider for guidance on vaccines that are needed for children and adults.

If you have questions about when a child should be excluded due to illness or symptoms of illness, your [local CCNC](#) has a resource to answer these questions. Programs are encouraged to contact their local CCNC to help with understanding exclusion criteria and other ways to help prevent illness, such as hand washing and cleaning, sanitizing and disinfecting. The websites listed below have information about RSV, Influenza and Infectious Diseases in Early Care to help keep children healthy.

RSV

www.cdc.gov/rsv/high-risk/infants-young-children.html

Infectious Diseases in Early Care

www.cdc.gov/earlycare/infectious-diseases/index.html

AAP (Healthychildren.org) RSV: When It's More Than Just a Cold

www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/RSV-When-Its-More-Than-Just-a-Cold.aspx

COVID, Flu & RSV: How Are These Respiratory Illnesses Different?

www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/How-is-the-Flu-Different-From-COVID-19.aspx

IHHS guidance document "Child Illnesses and Exclusion Criteria for Education and Child Care Settings" (updated September 2022)

www.idph.iowa.gov/Portals/1/userfiles/128/childhood_illness_1_31_update%20%281%29_1.pdf

Iowa Child Care Nurse Consultant Map

www.idph.iowa.gov/Portals/1/userfiles/128/files/CSA%20HCCI%20Map%20and%20CCNC%20Contact%2010262022.pdf