

# Quality Care For Kids Newsletter

May 2026 | What's bugging you?

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Warmer weather brings opportunities for more outdoor time throughout the day. Whether it's running in the grass, planting flowers and vegetables or sharing bike helmets, children may be exposed to insects like mosquitoes, ticks and head lice.



## Prevention Tips



### Ticks and Mosquitoes



- Remove leaf litter and other debris
- Keep grassy areas mowed short (3 inches or less)
- Remove standing water in toys and containers to eliminate mosquito breeding areas
- Use an Environmental Protection Agency (EPA) registered insect repellent. These products contain ingredients such as DEET, picaridin, IR3535 or 2-undecanone
  - Do not use insect repellent on babies younger than 2 months old
  - Do not apply insect repellent onto a child's hands, eyes, mouth, cuts or irritated skin.
  - Do not spray insect repellent on the skin under clothing
  - Store insect repellents out of children's reach

### Don't Let a Tick Make You Sick

<https://www.cdc.gov/ticks/media/pdfs/Dont-Let-a-Tick-Make-You-Sick-pdf-icon.pdf>



### How to Protect Against Mosquito Bites

[https://www.cdc.gov/mosquitoes/pdfs/MosquitoBitePreventionUS\\_508.pdf](https://www.cdc.gov/mosquitoes/pdfs/MosquitoBitePreventionUS_508.pdf)



### Head Lice

- Store each child's personal items and cot bedding separately
- Dress-up is a valuable play activity, however during head lice outbreaks temporarily discontinue this activity
- Have enough bike helmets for each child to wear their own when riding bikes and tricycles or wipe out each helmet using a wipe between use by different children

### Head Lice Information and Treatment Options

<https://hhs.iowa.gov/media/10878/download?inline>



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>



Health and Human Services

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