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Quality Care For Kids

A newsletter for Clinton/Jackson
Child Care Providers

DECEMBER 2014



Call your Child Care Nurse Consultant if you have any questions about child health and safety, or any special training needs.



The Child Care Nurse Consultant Program is funded by Clinton/Jackson Early Childhood Iowa

Noroviruses are one of the most common causes of diarrheal flu (viral gastroenteritis) with about 20 million cases yearly in the United States. Norovirus is the most common cause of diarrheal outbreaks in Iowa. Children and adults infected have symptoms for 24-48 hours, but can still shed the virus for at least several days after symptoms resolve. Norovirus illness can be very serious for young children.

Common symptoms are:

Norovirus

Diarrhea
Vomiting
Nausea, stomach pain
(other symptoms include fever, headache and body aches).

In a recent study, researchers found norovirus in stool samples for up to 4-8 weeks after illness. Noroviruses are usually spread by people not washing their hands (after going to the bathroom) and then preparing food for others, or working in food preparation. Anyone who is ill with diarrhea, vomiting

and/or fever should not handle food or work with children.

Hand washing is important! Studies also show that washing with soap and water (scrubbing for 20 seconds) is more effective than hand sanitizers at removing or inactivating certain kinds of germs including norovirus!

For more information about Norovirus and the importance of hand washing contact your local nurse consultant.

Teething Beads

Amber teething beads and necklaces are meant to be worn around a baby's neck, wrist, or ankle. There is controversy about the evidence if "Baltic Amber" beads help babies with teething, however there is no controversy if teething beads are safe. Teething beads are not safe and are a known choking hazard!

Caring For Our Children National Health and Safety Performance standards, 3rd edition (CFOC) states that small round objects are more likely to choke children because they can completely block a

child's airway. Items with parts that are round, oblong, or egg shaped with a diameter smaller than 1 3/4 inches should be banned for children under 3 yrs because it is a potential choking hazard. Injury and death from aspiration of small parts is a known risk.

To help ease a child's discomfort from teething use a chilled teething ring, teething toy, or rub the child's gums with a damp clean washcloth or gauze pad. If a child comes into care with teething beads please ask the parent to remove them.

Hand Washing Week is December 7-13th.
For Free activities go to NSF International, Partnership for Food Safety Education "Scrub Club"
<http://www.scrubclub.org>
and click on "downloads".

For Free Hand Washing posters go to www.idph.state.ia.us/hcci and click on "printed products download"