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Quality Care For Kids

A newsletter for Clinton/Jackson
Child Care Providers

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



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January is National Radon Action Month.

Radon is a naturally occurring gas that comes from the breakdown of uranium in the soil. Radon comes up through the soil into homes and buildings and is invisible, odorless, and tasteless. The entire state of Iowa is considered at high risk for radon gas. Both Clinton and Jackson

Radon

counties have over 50% of homes tested with radon levels higher than what the Environmental Protection Agency (EPA) deems as safe. **Radon is the second leading cause of lung cancer!**

All child care facilities are required to test for radon within 1 year of initial licensing or renewal and every 2 years after that. Registered Child Develop-

ment Homes should test for radon. Radon testing is inexpensive.

If radon gas levels are above 4.0 picocuries, a mitigation plan is required. For questions contact the Iowa Department of Public Health Radon Hotline at 1-800-383-5992. For more information go to www.epa.gov/radon

Liquid Nicotine Poisoning

Liquid nicotine or e-juice is concentrated nicotine used in electronic cigarettes. Liquid nicotine comes in packaging that is the shape of a small liquid dropper (looks like medication eye drops) and can easily be opened by a child. Liquid nicotine comes in a variety of flavors including cotton candy, gummy bear, fruit juice, root beer, etc. and can be very enticing to children. As little as one teaspoon of liquid nicotine ingested by a child could result in death.

Signs and symptoms of liquid nicotine poisoning include:

- Pale and sweaty
- Dizziness
- Headache
- Increase in blood pressure

Increase in heart rate
Tremor
Nausea and vomiting
Severe toxicity causes confusion, weakness, seizures, decreased blood pressure, decreased pulse and death.
As electronic cigarettes have become more popular, the number of cases of child poisoning from liquid nicotine has increased dramatically. The most common is children five years of age and younger.

Always keep e-cigarette devices and liquid nicotine locked up and out of the reach of children. If you think someone has been exposed to liquid nicotine contact the Iowa Poison Control at **1-800-222-1222**.

To obtain a radon test kit contact the Iowa Radon Coalition at 1-800-383-5992 or contact your local county health department. For information on child care radon testing protocols go to:
www.idph.state.ia.us/Radon

