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Photo: CDC/Scott Housley

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



www.earlychildhoodiowa.org

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



Quality Care For Kids

A newsletter for Clinton and Jackson
 Counties Child Care Providers

Written by Stacy Kraft, RN

JANUARY 2019

Cytomegalovirus

Cytomegalovirus, also known as CMV, is a common virus that most people are unaware they have and can affect people at any age. Because it is considered a “silent virus,” most people are unaware they have symptoms. This is because a healthy person’s immune system will keep the virus stagnant. The virus is spread via contact with bodily fluids. Symptoms in healthy people include fever, sore throat, fatigue, and swollen glands.

CMV can cause serious health problems in people that have weakened immune systems and unborn infants. People with weakened immune systems can have symptoms involving their eyes, liver, lungs, intestines, and esophagus. Unborn infants exposed to the virus in utero can be born with problems with their liver, brain, and spleen, as well as growth problems. This is called congenital cytomegalovirus (cCMV).

The most common health problem for

infants born cCMV is hearing loss.

In 2017, the Iowa legislature passed a law requiring health care providers to offer CMV testing to parents whose newborns did not pass their newborn hearing screenings. This is done through a urine sample or saliva sample and done before the infant is 21 days old.

For more information go to <https://www.idph.iowa.gov/genetics/public/cmV>

To help prevent the spread of CMV:

- ◆ Wash your hands often with soap and water
- ◆ Don't share food, drinks, eating and drinking utensils, or a toothbrush with a child
- ◆ Do not put a child's pacifier in your mouth
- ◆ Avoid contact with a child's saliva when kissing or cuddling
- ◆ Clean and disinfect toys/surfaces that have contact with body fluids

5-2-1-0

5-2-1-0 is not a new concept for the State of Iowa but it may be for early care providers. 5-2-1-0 is a scientific-rationale that includes eating 5 or more fruits and vegetables daily, 2 hours or less of screen time, 1 hour or more of physical activity, and 0 sugary drinks and more water. Child care providers in Iowa can now become a registered 5-2-1-0 site by filling out a survey found at: <http://www.iowahealthieststate.com/resources/individuals/5210/registered-sites/>. Being a registered 5-2-1-0 site demonstrates that you prioritize 5-2-1-0 goals and have implemented policies and procedures to support them. For more information about the program and for free resources go to: <http://www.iowahealthieststate.com/resources/individuals/5210/childcare-centers/>

