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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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### Bed Bugs

Bed bugs are small, flat, parasitic insects that feed on the blood of people and animals while they sleep. Bed bugs are reddish-brown in color, wingless, and are very tiny in size. Bed bugs can live for several months.

If you find a bed bug in your child care business, don't panic. Do the following:

**Identify:** Evaluate if it is a bed bug. Refer to the pictures

in the Healthy Child Care Iowa "Bed Bugs in Child Care" handout found at <http://www.idph.state.ia.us/hcci/products.asp> or contact your local pest management.

**Inspect:** Look for additional bed bugs. Check cubbies, clothing, blankets, backpacks and other areas where the bed bug was found. Look for small dark brown droppings, white eggs and bed bugs.

**Isolate:** Place items that are found to have bed bugs in a clear plastic bag.

**Intensive Cleaning:** Thorough vacuuming, discarding clutter and washing all bedding and drying in a hot dryer for 20 minutes. You may want to contact your local pest management.

**Inform:** Inform all staff and parents (the same as you would do for head lice). Contact your child care nurse consultant for help.

### Ticks

Children (and adults) enjoy spending time in the outdoors. Children ages 12 months to 12 years need 60 to 90 minutes of physical activity daily, and weather permitting it should be in the outdoor setting.

Ticks live near the ground in bushy or wooded areas. They climb tall grasses or shrubs and climb on children, adults (and pets) when they brush against them. Ticks then attach to the skin and can transmit serious illnesses like Lyme disease, Rocky Mountain Spotted Fever, and Ehrlichiosis.

Precautions to take to avoid a child's exposure to ticks:

1. Keep children away from tall grasses and bushy or wooded areas.
2. Check for ticks when children come in from outdoors.

3. With parent permission, a 10% DEET insect repellent may be used for children older than 2 months of age to protect against both ticks and mosquitoes. The DEET repellent should be applied to the caregiver/teacher's hands first and then put on the child avoiding the areas around the eyes and mouth. Do not apply under clothing, on cuts or irritated skin, on a child's hands, or around food. After returning indoors wash the treated skin with soap and water.

4. Treat pets for ticks.

For more information on ticks go to <http://cfoc.nrckids.org/StandardView/3.4.5.2> and <http://www.cdc.gov/ticks/>

Contact your local child care nurse consultant for additional resources on ticks, repellent use and the importance of outdoor physical activity.

### Water Play

According to the CDC, small inflatable and plastic pools should not be used in the child care setting. They have been associated with the spread of diarrheal illness including Crypto (Cryptosporidium), E Coli, Shigella and Norovirus. Children are very susceptible to these illnesses because they are much more likely to get water in their mouths and children in the child care setting may include mixed age groups with children that are not toilet trained.

Caring For Our Children National Health and Safety Performance Standards (3rd edition) recommends using sprinklers, hoses, or small (one quart) individual water buckets as safe alternatives for cooling water play. Constant and active supervision is extremely important whenever children are around water and during water play activities.