

Fall 2017

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Health Educators Newsletter



FLU SEASON IS COMING:

How Can We Protect Our Families?

By Karen Gilbert, RN

Flu viruses are spread when someone who has the flu sneezes or coughs and dispels the virus droplets on other people or on a surface that is touched by another person. When an individual has been infected with the flu, they can pass it to others even before they develop symptoms and for five to seven days while they are sick.

So, what can we do to protect ourselves and our families? The CDC states that there are specific actions that can help protect us during flu season. The flyer, *Everyday Preventative Actions That Can Help Fight Germs, Like Flu* states, “The first and most important step is to get a flu vaccination each year” (CDC 2016). Additional recommendations are:

- If you know someone is sick, try to avoid contact with them. If you are sick, avoid contact with healthy people and get early treatment especially if elderly or very young.
- Stay home for at least 24 hours after the fever is gone (without the use of medicine to reduce the fever).
- When coughing or sneezing, cover your mouth or nose with a tissue and then dispose of it in the trash.
- Handwashing with soap and water is the number one preventative against germs. If not available use an alcohol-based hand gel.
- Keep your hands away from your mouth, eyes or nose to avoid spreading germs to yourself or others.
- Cleaning and disinfecting surfaces that are frequently used can help prevent the spread of flu germs.

CDC (2016) *Everyday Preventative Actions That Can Help Fight Germs, Like Flu*

https://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf



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Helping Everyone Sleep Peacefully

By Addy Morris RN, BSN

September is Infant Safe Sleep Month in West Virginia. More than 3,500 babies in the U.S. die suddenly and unexpectedly every year while sleeping, often due to sudden infant death syndrome (SIDS) or accidental deaths from suffocation or strangulation. (Moon, MD, FAAP, 2017)

Having a safe sleep environment can help drastically reduce this risk. We all see the advertisements for the beautiful baby's room, so soft and cuddly. It is hard not to desire that look, and the feeling of being hugged by the beautiful bedding and fluffy bumper pads. Unfortunately, this type of bedding is dangerous for infants.



Compare these two pictures. The one on the left is a safe sleep environment. The child is in a sleep sack on top of a fitted sheet, on a firm sleep surface. The crib is free from any bedding, pillows, stuffed animals and a bumper pad.

Safe Sleep Checklist

- Baby always sleeps alone on his or her back in a crib or bassinet nearby.
- Baby always sleeps in a smoke-free room.
- Dress your baby in light sleep clothing and keep the room at comfortable temperature.
- Crib is clear of toys, heavy or loose blankets, bumper pads & pillows.
- Baby's mattress is firm and fits close to the sides.
- Crib is in good shape and meets Consumer Product Safety guidelines.
- It's safest for baby to sleep in the room where you sleep, but not in your bed.
- Until their first birthday, babies should sleep on their backs for all sleep times—for naps and at night.
- If your baby falls asleep in a car seat, stroller, swing, infant carrier, or sling, you should move him or her to a firm sleep surface on his or her back as soon as possible.
- Only bring your baby into your bed to feed or comfort.
- Bed-sharing is not recommended for any babies.
- Never place your baby to sleep on a couch, sofa, or armchair.
- Try giving a pacifier at nap time and bedtime.

Babies spend a lot of time their first year alive asleep. Knowing how to keep their environment safe where they sleep will not only help them get the rest they need, but also their caregivers. These are just a few tips to keep your baby safe while they sleep. More information can be found at...

<http://www.safesoundbabies.com/safesleep>

References

Moon, MD, FAAP, R. (2017, January 12). How to Keep Your Sleeping Baby Safe: AAP Policy Explained. Retrieved September 26,

2017, from <https://www.healthychildren.org/English/ages-stages/baby/sleep/Pages/A-Parents-Guide-to-Safe-Sleep.aspx>

How Sick is Too Sick?

By Rachel Richard, RN

The topic of exclusion in a child care setting is a hot-button issue, especially at the start of Fall when everyone seems to get sick. Child care providers often have to make the decision as to when to send a child home and let them come back. While the intention may be pure and they wish to stop the spread of illness to other children, this can often put a financial burden on parents if work must be missed to stay home with their ill child.

To make this recommendation, the American Academy of Pediatrics has a list of guidelines that do and don't require exclusion. Circumstances that require exclusion include:

- When a child cannot comfortably participate in activities
- Has a need for care greater than staff can provide
- Fever with behavioral change or if the child is younger than 2 months
- Diarrhea not contained by a diaper for diapered children or diarrhea causing accidents in toilet trained children
- Vomiting 2 or more times in a 24-hour period of time
- Abdominal pain that continues for more than 2 hours or is intermittent with fever
- Mouth sores with drooling
- Rash with fever or behavioral change
- Skin sores weeping through a waterproof bandage
- Respiratory symptoms and fever

Specific conditions requiring exclusion include:

- Strep throat, until the child has had two doses of an antibiotic 12 hours apart
- Chickenpox, until all lesions have dried and crusted and now new lesions have appeared in 24 hours
- Rubella, Pertussis, Hepatitis A, Mumps, and Measles with various readmission criteria

Conditions that do NOT require exclusion include:

- Head lice, scabies, ringworm, and impetigo. Exclusion is not necessary prior to the end of the day and as long as treatment is STARTED between the end of the day and the beginning of the next day, the child can be included
- Common colds
- Cough or runny nose
- Pinkeye
- Thrush
- Fifth Disease
- MRSA
- Cytomegalovirus
- Hand-Foot-And-Mouth Disease
- Hepatitis B Rash without fever
- Ear Infections
- Fever without other symptoms



Children will experience a lot of illness in their first year of childcare, typically 8-12 colds more than those at home. Because of this, it's important children are not excluded unnecessarily. During the second year, illnesses decrease due to the immune system rapidly developing from exposure to germs. So, there is some good news! If there are questions on exclusion, your Nurse Health Consultant can be contacted for further information.

* Information was adapted from the *Managing Infectious Disease in Child Care and Schools*, published by the American Academy of Pediatrics.

Peanut Butter Apple Nachos from Delish

2 apples, any type, cored and cut into wedges

¼ cup peanut butter, warmed

2 tablespoons granola

1 tablespoon dried cranberries



1. On a serving plate, drizzle apples with peanut butter and top with granola and cranberries.

Breakfast Baked Apples from Delish

2 cups old-fashioned rolled oats

3 cups water

2 tablespoons maple syrup

1 tablespoon ground cinnamon

4 large baking apples, tops sliced and insides hollowed

2 tablespoons dried cranberries

2 tablespoons chopped pecans



1. Preheat oven to 400 degrees F.
2. In a medium saucepan over medium-low heat, combine oatmeal and water and stir occasionally until creamy. Stir in maple syrup and ground cinnamon and let cool slightly.
3. Transfer apples to a glass baking dish and spoon in oatmeal. Bake until apples are soft and bubbly, about 35 minutes.
4. Top oatmeal with cranberries and pecans and serve.

Fun Fall Activities

Glenna Bailey, RN

Color Walk

Take a walk outside. As you walk keep track of the different colors you see and when you return draw a picture using those colors.



Rock Hunt

Go on a rock hunt and then sort the rocks you find by size. For extra fun, Paint some of the rocks you found.



Musical Freeze

Have someone turn the music on and off.

When it is on dance and move, but when it is shut off, balance and freeze.



Thanks to our friends at Head Start, Body Start for the movement ideas

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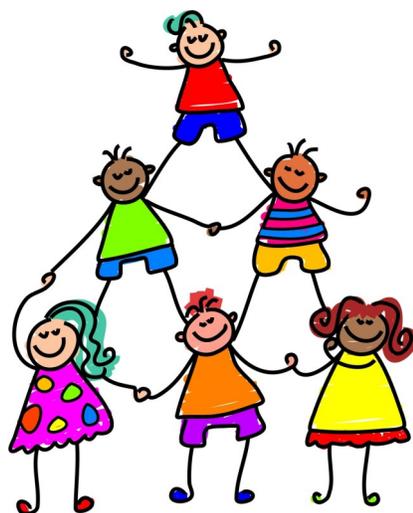
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