



WV Child Care Nurse Consultants &
Child Care Health Educators

HEALTHY KIDS WEST VIRGINIA

Is it COVID-19 or Something Else?

Candice Morgan, RN

Performing a health screening as a child arrives is an effective way to detect illness. However, symptom screenings will identify only if a person may have an illness, not that the illness is COVID-19. Many of the symptoms of COVID-19 are also common in other childhood illnesses such as the common cold, the flu, or seasonal allergies. This is likely causing concern for many early childhood educators. The American Academy of Asthma, Allergy & Immunology has developed a chart to help distinguish the novel coronavirus from other common illnesses (aaaai.org, 2020).

Children with symptoms of a contagious illness should follow their center's current health policy to minimize transmission to others. Plan to have an isolation room or area that can be used to isolate children who develop symptoms while at the center. Follow CDC guidance on how to disinfect your facility if someone is sick (cdc.gov, 2020).

Childcare programs are not expected to make decisions about closures on their own. Any decision about temporary closures of childcare programs or cancellation of related events should be made in coordination with state and local health officials.

Information retrieved from: www.cdc.gov/coronavirus/2019-nCoV/symptoms-testing/symptoms.html

Coronavirus Symptoms				
Symptoms may vary from person to person and may range from mild to severe. Symptoms usually occur from 2-14 days after exposure. If you have a cough with fever or shortness of breath, call your physician's office BEFORE visiting.				
	COVID-19	Allergies	Influenza	Common Cold
FEVER	COMMON		COMMON	SOMETIMES
COUGH	COMMON		COMMON	COMMON
SHORTNESS OF BREATH	COMMON			
MUSCLE ACHES	COMMON		COMMON	SOMETIMES
SORE THROAT	SOMETIMES		SOMETIMES	COMMON
DIARRHEA	SOMETIMES		SOMETIMES	
CONGESTION	SOMETIMES	COMMON	SOMETIMES	COMMON
LOSS OF SMELL	SOMETIMES	SOMETIMES	SOMETIMES	SOMETIMES



Inside this Issue

Sam the Superhero	2
NAS/NOWS.....	3
Fun Handwashing Tips	3
Key Times to Wash Hands.....	3
Pumpkin Dip Recipes	4
Pumpkin Workout.....	5
Training Calendar.....	6

Special Points of Interest

- Face-to-Face trainings are still on hold due to the ongoing COVID-19 pandemic.
- Medication Administration Online training is scheduled to begin soon. Please check WV STARS calendar for dates. The online training will be 3-hours.
- Please do not hesitate to contact a nurse consultant or nurse educator if you have questions pertaining to your center.



Written by Kathryn F. Pearson
& James T. Pearson. Illustrated
by Lauren Jezierski

Sam the Superhero and His Super Life

Karen Gilbert, RN

Do you as a childcare provider need insight into some of the long-term consequences of children born to an opiate addicted mother? Check out this book from the *To the Moon and Back Organization*.

To the Moon and Back (TTMAB)—a nonprofit organization dedicated to children born with Neonatal Abstinence Syndrome (NAS) and their families—is proud to unveil their new children’s book, ***Sam the Superhero and His Super Life***. The book centers on a boy named Sam and his sidekick stuffed dog, Hercules. Sam lives with his grandparents and has good and bad days like any child, made more complicated because he was born substance exposed. But like a superhero, Sam has his own super courage and great strength, and with his loving grandparents, friends and Hercules, Sam finds the support he needs to succeed.

“We wanted to create this book to normalize the experience for kids born opiate dependent and provide insight to some of the long-term consequences of in utero opiate exposure”

Neonatal Abstinence Syndrome (NAS)/Neonatal Opioid Withdrawal Syndrome (NOWS)

NAS or NOWS may occur when a woman uses opioids during pregnancy. To date, there is no standard in NAS/NOWS provider and hospital coding practices. As a result, there is variability in the rates reported by states.

The national incidence rate of NAS/NOWS in 2016 was 7 cases per 1,000 hospital births.

The incidence rate of NAS/NOWS in West Virginia in 2017 was 56.2 cases per 1,000 hospital births and is the most recent data available.

Source: drugabuse.gov

“We wanted to create this book to normalize the experience for kids born opiate dependent and provide insight to some of the long-term consequences of in utero opiate exposure,” explains TTMAB founder, Theresa Harmon. *“Our goal is to get this story into the hands of teachers and classrooms, so that we can raise awareness about neonatal abstinence syndrome and the needs of our kids.”*

The story’s title was conceptualized by 8-year-old Sophia Markella and brought to life by authors Kathryn & James Pearson, along with illustrator Lauren Jezierski. *Sam the Superhero and His Super Life* is available for purchase, here: <https://amzn.to/32A8TXz>.

TTMAB is a 501(c)3 dedicated to children born with in utero substance exposure and their families. Since 2017, TTMAB has been the leader in providing support, education and advocacy for the littlest victims of the opioid epidemic. Among the organization’s many initiatives are twice monthly support groups for foster/adoptive parents and relatives of children born with substance exposure, monthly play groups that teach children with NAS ways to self-regulate, build fine and gross motor skills and improve their body awareness, and Nurture A Superhero care packages that provide carefully cultivated newborn take home packages for children with NAS.

Information retrieved from: <https://www.2themoonandback.org/sams-corner-blog/>

Fun Handwashing Tips

Submitted by Glenna Bailey, RN

Handwashing is easy, cheap and effective in preventing the spread of germs. It's important that children learn the importance of hand hygiene and how to properly wash their hands. But getting children to wash their hands can be a challenge. Here are a few tips and resources to help make handwashing fun.

From UnityPoint Health: by [UnityPoint Health](#) Mar 16, 2020

Use different colors/scents of soap. Then, let them pick which soap they want to use.

Sing a song. You can go with Happy Birthday twice or come up with your own 20-second handwashing tune.

Make it a game. Track down the germs in all their favorite hiding places, kind of like scrubbing off the "sugar bugs" when brushing teeth.

Start a sticker chart. Hang a sticker chart in the bathroom and give away a gold star or smiley face each time they wash.

Try a washable marker. Make a smiley face on the back of their hands with the marker and wash until it disappears.

Add some glitter. Put glitter and water in a spray bottle and spray "germs" on your kids' hands. Have them wash and then look for the "germs" to see where they're still hiding.

There are also many websites such as Pinterest that provides many tips and resources. Here are two online resources dedicated to helping kids learn hand hygiene:



Henry the Hand — <https://henrythehand.com/programs/infection-prevention-partnership/early-childhood-program/> Tool kit that includes curriculum, science projects and more. In addition the site offers interactive handwashing songs and videos, coloring pages, and posters.

Scrub Club — www.scrubclub.org Interactive handwashing games and songs, computer wallpaper and screensavers and coloring sheets and posters.



Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

Before, during, and after preparing food

Before eating food

Before and **after** caring for someone at home who is sick with vomiting or diarrhea

Before and **after** treating a cut or wound

After using the toilet

After changing diapers or cleaning up a child who has used the toilet

After blowing your nose, coughing, or sneezing

After touching an animal, animal feed, or animal waste

After handling pet food or pet treats

After touching garbage

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next.

Source: [cdc.gov/handwashing/when-how-handwashing.html](https://www.cdc.gov/handwashing/when-how-handwashing.html)

Pumpkin Dip Recipes

Submitted by Renee Y. Stonebraker, RS

Pumpkin Fluff Dip

- 1 (5 ounce) package sugar free fat free instant vanilla pudding mix
- 1 (15 ounce) can pureed pumpkin
- 1 teaspoon pumpkin pie spice
- 1 (16 ounce) container lite frozen whipped topping, thawed

1. In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until ready to serve.

Skinny Pumpkin Dip

- 1 (8 ounce) package light cream cheese
- 3/4 cup canned pureed pumpkin
- 2 Tablespoons fat free vanilla Greek yogurt
- 3/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon cloves
- 1 1/2 Tablespoon Truvia sweetener
- 1/2 teaspoon vanilla extract
- Apple slices and graham crackers for dipping



1. Combine all ingredients in a food processor. Blend together until combined and creamy. Pour into a bowl and serve with apple slices and graham crackers.

<https://www.yummyhealthyeasy.com/pumpkin-dip/>

<https://www.allrecipes.com/recipe/24740/pumpkin-fluff-dip/>

<https://flipflopfollies.com/tag/fall/>

Pumpkin Workout



P is for 10 push ups.



U is for 10 up and down squats.



M is for marching in place for 30 seconds.



P is for plank position for 10 seconds.



K is for kick your legs for 30 seconds.



I is for invent an exercise.



N is for ninety seconds of running in place.

Online Training Calendar

Date	Time	Class
October 8	6:30-7:30 pm	Oral Health in Children
October 12	6:00-8:00 pm	Understanding Special Dietary
October 15	6:00-7:00 pm	Infection Control
October 20	6:00-8:00 pm	Communicable Diseases in Children
October 22	6:00-7:30 pm	Medical Action Plans
October 27	Noon-1:00 pm	Ear Infections in Children
November 3	6:00-8:00 pm	Communicable Diseases in Children
November 5	6:00-7:00 pm	Creepy, Crawly, Creatures
November 10	6:30-7:30 pm	Ear Infections in Children
November 12	6:00-8:00 pm	New Recipe Ideas 2
November 17	6:00-7:00 pm	Seizure Disorders in Children
November 19	6:30-7:30 pm	Respiratory Infections
December 2	6:00-8:00 pm	Breastfeeding Basics
December 8	6:00-8:00 pm	All That Sugar and Fat
December 14	12:30-1:30 pm	Infection Control
December 15	6:00-7:30 pm	Medical Action Plans



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WV Child Care Health Educators

WV Child Care Nurse Health Consultants

Child Care Nurse Health Consultants (CCNHC)

There are currently two vacant CCNHC positions in the state. If your area does not currently have a CCNHC, any CCNHC will be able to provide assistance.

Glenna Bailey, MSN, RN

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Covers Connect region

Child Care Health Educator

The southern health educator position is vacant at this time.

Renee Y. Stonebraker, RS

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Covers MountainHeart North, Choices, and Child Care Resource Center.