

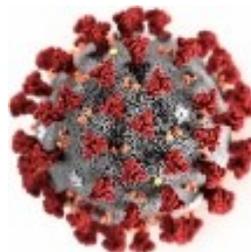


Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Child Care Health Educators

Coronavirus (COVID-19)

by Karen Gilbert, RN



Coronavirus (COVID-19), is all over the news, everywhere you go everyone is talking about it. There are even jokes about it like, if you have Lyme Disease and become infected with Coronavirus – can it be called Corona with lime? We all need some humor at times like this. Seriously though, what information about COVID-19 is important for Childcare providers to know? Here are some basics to assist you through this anxiety producing time. The following information is from the Centers for Disease Control (CDC).

COVID-19 is a virus, which means antibiotics are not effective to treat it. At this time, there is no antiviral treatment for this virus. The most common symptoms are fever, cough and shortness of breath. For otherwise healthy individuals the symptoms will most likely be mild, but for those with chronic illness or other health issues, symptoms can become severe.

The virus is thought to spread between people who have been in close contact with a person infected with the virus. Respiratory droplets are the mode of transmission. This can occur when an infected person coughs or sneezes without covering their mouth or nose and then those droplets are deposited in the mouth or nose of someone nearby. Once the droplets make contact with the mouth or nose, they can then be inhaled into the lungs.

There is currently no vaccine to prevent an individual from contracting COVID-19. The best way to protect the children in your childcare program and you is to avoid close contact with people who are sick and practice standard precautions. A very important aspect of these precautions is washing all surfaces of your hands and under your nails often, for at least 20 seconds with soap and water. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol. The process for using sanitizer is to cover all surfaces of your hands and rub together until dry. It is important to avoid touching your eyes, nose, and mouth with unwashed hands.

The other important piece of the puzzle is to clean and disinfect. Frequently touched surfaces should be cleaned and disinfected **daily**. Use only EPA-registered disinfectants that are appropriate for the surface.

The following 2 links have information about cleaning and disinfection products.

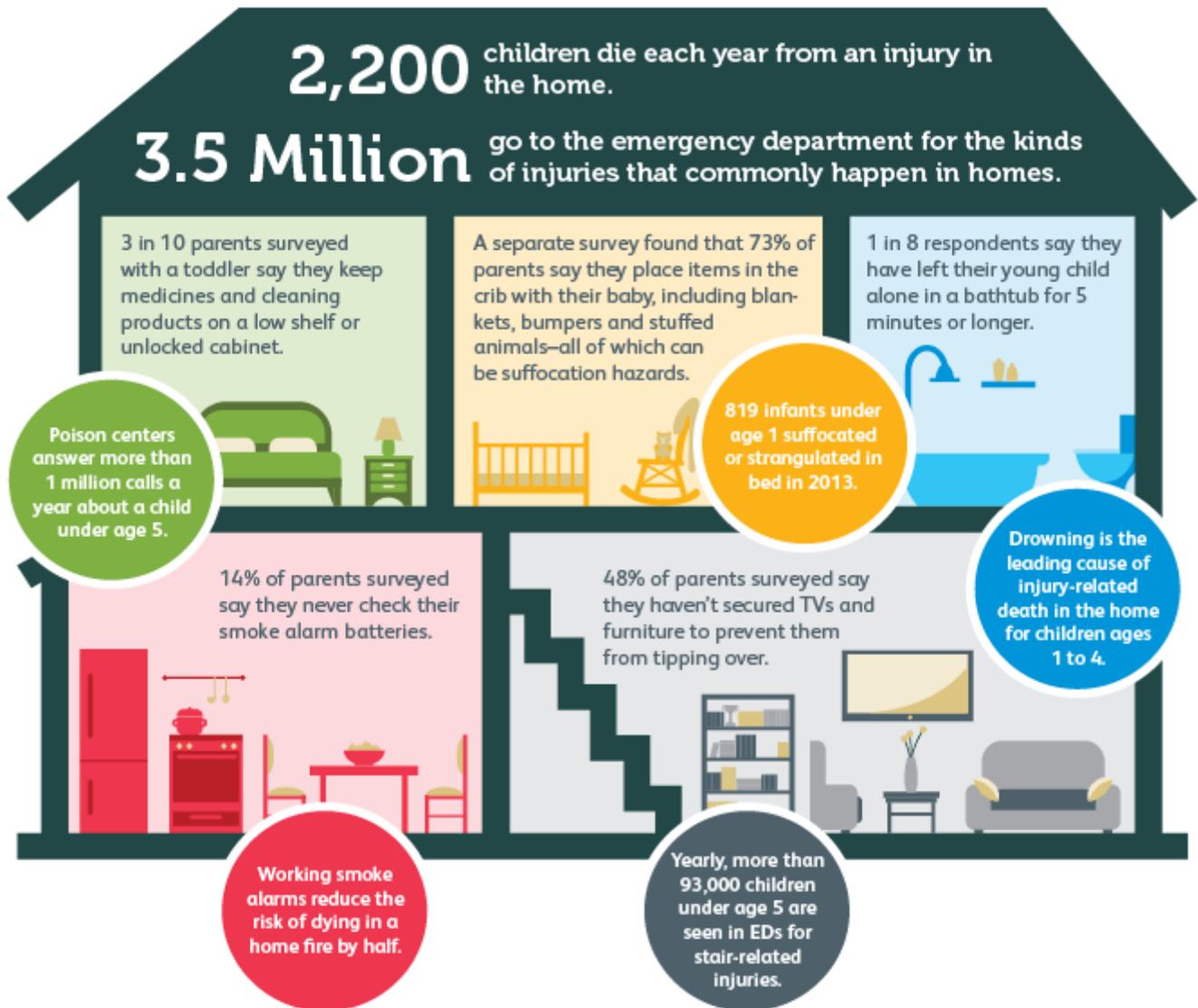
[EPA-approved emerging viral pathogens pdf icon\[7 pages\]external icon](#)

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

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Protecting Children in Your Home: The Facts



Top Tips for a Safe Home

- Give young children your full and undivided attention when they are in the bathtub or around water.
- Check smoke alarm batteries every six months to make sure they are working.
- Keep cribs clear of objects, and make sure babies sleep alone, on their backs, and in a crib every time they sleep.
- Install safety gates to keep children from falling down staircases and window guards or stops to prevent falls from windows.
- Keep all medicine up and away, even medicine you take every day. Be alert to medicine stored in other locations, like pills in purses, vitamins on counters, and medicine on nightstands.

Online Training Calendar



WEST VIRGINIA EARLY CHILDHOOD
Training
CONNECTIONS
AND RESOURCES

April 6	6:00 - 7:00 PM	Infection Control
April 7	Noon – 1 PM	Infections Control
April 9	6:00 - 7:00 PM	Infection Control
April 10	Noon – 1 PM	Infection Control
April 16	6:30 - 7:30PM	Morning Health Checks
April 22	Noon – 1 PM	Nutrition Basics
April 28	6 - 8 PM	About Allergies
May 5	6 - 8 PM	Summertime Safety
May 12	Noon -1 PM	Seizure Disorders
June 9	6 - 7 PM	What Can CCNHC/CCHE Do for You?
June 16	6 - 7PM	Infection Control in the Childcare Setting
June 23	6:30 – 8PM	Medical Action Plans



Why We Need Professional Development

by Casey Grove, Child Care Health Educator

Today, it is almost required that you have a job of some sort. There are many commonalities in employment: they all require time, energy, and money. But what truly sets one job apart from the next? Is it the difference in pay? The hours? The commute? What about professional development?

Professional development is the wide variety of specialized training, formal education and hands on experience. Professional development allows employers and employees to do something that improves the workplace: learn and grow. In early childhood education, research is always leading to the discovery of new things. Professional development allows staff the ability to remain current with these changes.

All states have different requirements for educators, so it is important that there are many different learning opportunities for staff but that the information is the same. Every year, constant school days are missed because of communicable diseases. This

might have been prevented if staff had the proper professional development training regarding spreadable diseases. This is just one of the many ways professional development can be an aid.

Those employed in early childhood education programs have a duty to the children they care for. A lot of the time, professional development is regarded as ‘a waste of time’ or ‘silly.’ Staff are quick to say things such as: “I’ve been taking care of children for ten years, there isn’t anything I don’t already know.” One of the main benefits to professional development is getting to communicate and brainstorm with people in the same field.

Education is never finished, there is always room for improvement. There is plenty to gain when thinking about professional development. Learning about latest trends in education, new practices and how to implement them, feeling professional and many more. The question is: are you still willing to learn?

How to Boost Your Immune System

Reprinted from Harvard University Publishing

How can you improve your immune system? On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails: a germ invades successfully and makes you sick. Is it possible to intervene in this process and boost your immune system? What if you improve your diet? Take certain vitamins or herbal preparations? Make other lifestyle changes in the hope of producing a near-perfect immune response?

What Can You Do to Boost Your Immune System?

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is precisely that — a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response. For now, there are no scientifically proven direct links between lifestyle and enhanced immune function.

But that doesn't mean the effects of lifestyle on the immune system aren't intriguing and shouldn't be studied. Researchers are exploring the effects of diet, exercise, age, psychological stress, and other factors on the immune response, both in animals and in humans. In the meantime, general healthy-living strategies are a good way to start giving your immune system the upper hand.

Healthy Ways to Strengthen Your Immune System

Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- If you drink alcohol, drink only in moderation.
- Get adequate sleep.
- Try to minimize stress.



Mini Pizza Quiches



Method

Heat oven to 350.

Use a small plate to cut circles from the large tortilla wraps – you should get 6.

Use the circles to line 6 holes of a muffin tin, pushing them into the holes to make cases.

Beat the eggs and pour into the tortilla cases (you can add some chopped vegetables too, if you like.)

Top each case with a slice of salami and 1/2 a cherry tomato. Bake for 15 mins until the egg has set.

Top with a few basil leaves, if you like, and serve with extra tomatoes and vegetable sticks.

Reprinted from BBC Good Food

Ingredients

2 large tortilla wraps

4 eggs

chopped vegetables (optional)

6 slices salami

3 cherry tomatoes, halved, plus
extra to serve

handful of basil leaves

vegetable sticks, to serve

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Vacant Position	Covers Child Care Resources Center region. Please contact your nearest Child Care Nurse Health Consultant for assistance.

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