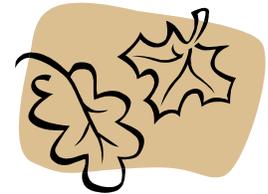




Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants Newsletter

Volume 1, Issue 3



2010-2011 Seasonal Influenza

Influenza (the flu) is a contagious respiratory illness. Don't get this confused with gastroenteritis (the stomach flu or stomach bug) .

The flu can cause mild to severe symptoms that come on suddenly. Someone with the flu may have some, or all, of the following symptoms:

Fever or chills

- Cough
- Sore Throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue or tiredness
- Vomiting and diarrhea (more common in kids)

Most people will recover in a few days. Some (especially those at high risk) will develop complications. One serious complication is pneumonia, which can be life threatening and may result in death. Other complications could be bronchitis, sinus and ear infections, and for those with asthma, asthma attacks.

People considered at "high risk" are:

- The elderly (65 or older)
- People with chronic health conditions such as asthma, diabetes, or heart disease
- Pregnant women
- Young children

Infection control and vaccination are 2 ways to help prevent infection with influenza. Good hygiene, such as frequent hand washing and covering your mouth and nose when coughing and sneezing, can prevent the spread of infection.

Get your flu shot! The 2010-2011 flu vaccine will help protect you and contains 3 different strains of flu - a strain of influenza A H3N2, a strain of influenza B, and the H1N1 virus.

Contact your licensed health care provider about getting vaccinated, or look for flu vaccine clinics held by your local health departments.

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Did You Know???????

Colgate offers a free oral health curriculum for Pre-K to 3rd Graders called Bright Smiles, Bright Futures. For more information go to <http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/HomePage.cvsp>

Any topics you would like to see or ideas you would like to share in the Healthy Kids West Virginia newsletter? Let us know by emailing or calling Sarah or Glenna. Our contact information can be found on the back page.

Any topics that you feel would make a great training? Feel free to let us know. We are always looking for new ideas!

Feel free to make copies of this newsletter to distribute to other child care providers and parents.

Check out our website ~ www.wvearlychildhood.org



Healthy Halloween Snacks



Banana Ghosts (adapted from Family Fun Magazine)

Ingredients:

- Bananas
 - White Chocolate Chips or white candy melting chips
 - Something for the eyes and mouth - raisins, currants, chocolate chips, or a tube of black frosting.
 - Popsicle sticks
- Peel your banana, removing any extra fibers. Cut it in half. Insert the popsicle stick into the banana, and cover with plastic wrap (to prevent browning) and freeze until firm. Next, melt your white chocolate according to the package. With a butter knife, spread a small amount of chocolate on the frozen banana. Set on a wax paper covered cookie sheet, then add your eyes. Return to the freezer until you are ready to serve!



Pizza Mummies (adapted from Family Fun Magazine)

Ingredients:

- English Muffins (whole wheat preferred)
- Pizza Sauce
- Black Olives (sliced)
- Mozzarella Chess sticks
- Green peppers (diced small enough to fit into the black olive holes)

Heat the oven to 350 degrees. For each mummy, spread a tablespoon of pizza sauce onto half of an toasted (if you like) English muffin. Set olive slice in place for eyes and add diced green peppers into olives for the pupils. Pull apart the mozzarella cheese stick into strips, and lay across the muffin for the mummy's wrappings. Bake for about 10 minutes or until the cheese is melted, and the muffin is warm and toasted.



Orange Smoothies

Ingredients:

- 1 20oz can of pineapple chunks (do not drain)
- 1/2 can of frozen orange juice concentrate (thawed)
- 2 cups of ice

Add all of the ingredients to the blender and mix. Makes 2 quarts. It's that easy!!!

All of these recipes were tested by children with great success. They helped to prepare these snacks as well! Involving children in meal planning and preparation helps them to "own" it, and they are more likely to try new things!

Days to Celebrate this Fall!!!

September is....

- Baby Safety Month
- Head Lice Prevention Month
- Read A New Book Month
- Eat a Better Breakfast Month

Also Celebrate...

- Child Injury Prevention Week ~ Sep1-7
- Labor Day ~ Sept 6th
- Grandparents Day ~ Sept 12th
- First Day of Fall ~ Sept 22nd

October is....

- National Apple Month
- Family History Month
- National Pizza Month
- Adopt-a-Shelter Animal Month

Also Celebrate...

- Fire Prevention Week ~ First Week
- Children's Health Day ~ Oct 4th
- Take a flower to Child Care ~ Oct 19th
- Halloween ~ Oct 31st

November is....

- Child Safety and Protection Month
- Good Nutrition Month
- National Adoption Month
- National Epilepsy Month

Also Celebrate...

- Election Day ~ Nov 2nd
- Veteran's Day ~ Nov 11th
- Great American SmokeOut ~ Nov 18th
- Thanksgiving Day ~ Nov 25th

Can They Stay Or Should They Go?

Deciding when to send a child home from child care and when to allow them back after an illness is one of the most difficult decisions a child care provider has to make. No one wants sick kids to be miserable at child care or to infect others in the center. However, exclusion can be a hardship on working parents as well as center staff.

In 2002, the American Academy of Pediatrics and the American Public Health Association developed guidelines about when to send kids home. These guidelines include sending children home when:

- They are too sick to comfortably participate in normal activities.
- Staff has to spend almost all their time caring for one child.

- Children have severe behavior changes.
- Children have a fever with other symptoms or with behavior changes.

In addition, the 2007 West Virginia Child Care Center Regulations has a list of contagious diseases that also warrant exclusion.

Not all contagious diseases require exclusion. Many common illnesses such as a cold are not really harmful and keeping a child home may not prevent other children from being sick. Because many contagious diseases may be

spread before the infected person has symptoms, exclusion does not always help to prevent the spread of that disease.

Daily health checks can assist a provider in recognizing when a child may be sick. Look for runny noses, eye drainage, open sores and rashes. Listen for wheezing, sneezing, complaints, coughing or labored breathing. Feel for a change in the skin that might indicate a fever or dehydration such as moistness, unusual warmth and dry skin that does not spring back when slightly pinched.

Smell for any unusual odors such as fruity sweet breath, or unusual odors of the urine or stool.



Did you know????

Did you know.... that there is a movement to promote healthier eating called Meatless Monday? The idea is to eat a vegetarian diet one day a week. Check it out at www.meatlessmonday.com.

Smoking and Second Hand Exposure

On September 18, 2007, the Surgeon General re-emphasized that second-hand smoke causes premature death and disease in children and that US children are more heavily exposed to secondhand smoke than nonsmoking adults. The 2006 Surgeon General's report noted that 60 percent of US children aged 3-11 years—nearly 22 million young people—are exposed to second-hand smoke.

Sadly, children are powerless to protect themselves from the dangers of second-hand smoke. But we each can play an important role in protecting them from secondhand smoke exposure.

- Make your home and vehicle smoke-free at all times. If there are smokers in your family, they should always go outside to smoke. Opening a window is not enough.

- Make sure your children's day care centers and schools are 100% smoke- and tobacco-free.
- Insist that no one smokes around your children.
- Choose smoke-free restaurants.
- And the single best step you can take to protect your family's health and your own is to quit smoking. Quitting smoking will also reduce the chance that your children will grow up to become smokers themselves.

While quitting smoking may be difficult, there are a number of proven resources available to help including free counseling and a range of FDA-approved medications. To receive free counseling to help you quit, please call 1-800-QUIT-NOW.

The Wellness Council of WV offers free worksite options for smoking cessation. Send an email to info@wcvv.org for more information.

November 18, 2010 is the date for the Great American Smoke-out. There is no better time to join forces to quit for your health and for that of those around you!



AAP Offers Updated Guidance on Head Lice... What do you Think???

Head lice are often a fact of life for school-aged children. While inconvenient, head lice cause no medical harm and can be effectively treated. Head lice are not a health hazard or a sign of poor hygiene and, in contrast to body lice, are not responsible for the spread of any disease.

A revised clinical report from the American Academy of Pediatrics (AAP), "Head Lice," published in the August print issue of *Pediatrics*, clarifies and updates protocols for diagnosis and treatment, and provides guidance for the management of children with head lice in the school setting.

The AAP states, "*No healthy child should be excluded from or miss school because of head lice, and no-nit poli-*

cies for return to school should be abandoned."



What do you think of this guidance? Will you continue with a no-nits policy, or will you change your policy to fit the recommendations by the AAP? This can be a great discussion among your staff and families.

Can you help guide a family if their

child has head lice? Yes! There are many ways for families to treat active infestations, but not all products and techniques have been evaluated for safety and effectiveness. One percent permethrin lotion is recommended as initial treatment for most head lice infestations with a second application 7-10 days after the first. Parents should make sure that any treatment chosen is safe; preferred treatments would be those which are easy to use, reasonably priced, and proven to be non-toxic. Many families are also using more natural methods. The family may have to consult the child's physician for help with diagnosis, treatment choices, and management of difficult cases.

Did you know????

Did you know.... that you can help provide life- saving vitamin D and oral salt rehydration tablets for children around the world by simply clicking a button on a web page? Go to www.thechildhealthsite.com and help children in need. They also have cool things to buy in their online shop.

Whooping Cough Cases on the Rise

Pertussis or whooping cough is a highly contagious bacterial infection of the respiratory tract. It gets its name from the high-pitched sound made when a person inhales following a coughing bout. Before the vaccine was introduced in the 1970's whooping cough was a leading cause of infant illness and death. Adults and adolescents tend to have much milder cases which may resemble a bad cold or the flu.

Initial symptoms of pertussis include a runny nose, sneezing, mild cough and a low-grade fever. After about 1-2 weeks the coughing becomes more severe. Coughing spells may last for more than a minute during which the child may turn red or purple. At the end of the coughing spell the child



may make the characteristic whooping sound or they may vomit.

Children under the age of six months are at a higher risk for complications which might include pneumonia, slowed or stopped breathing, seizures or brain damage. Because infants and toddlers are at a higher risk for complications they are more likely to be hospitalized. Complications for young infants can be

life-threatening.

Pertussis is spread through airborne exposure. When an infected person coughs or sneezes into the air, others can become infected by inhaling the drops or getting the drops on their hands and then touching their mouths or noses.

Prevention is achieved through immunization and good hand-washing and sanitation practices. If a child is diagnosed with pertussis, the American Academy of Pediatrics recommends that they be excluded from the child care setting until they have received at least 5 days of appropriate antibiotic treatment and when the child is able to participate in regular daily activities.

The Importance of Immunizations

Immunizations are one of the powerful tools we have to protect the health of our children. Over the years immunizations have saved millions of lives and decreased or eradicated some of the most devastating diseases in history.

The concept of immunizations is simple. When disease germs enter the body and reproduce, the body fights back by producing antibodies. The first time you encounter the germs, the antibodies can't prevent you from being sick, but



they can help you then get well. However, if the same disease germs reinfect you at a future date, the antibodies come to your defense with experience in fighting that disease. The antibodies can now destroy the germs before they make you sick. This is what is called immunity. This is why in the past people who had diseases such as measles and chickenpox only had them once even though they may have been exposed to them many times.

Vaccines use a weakened or altered version of a germ to allow the body to develop antibodies against a disease without getting sick. These antibodies then stay

in the body and provide immunity even years later. Even when immunizations don't prevent a disease, it makes the illness much less serious.

It is important that child care providers as well as children stay up-to-date on immunizations. Providers can spread diseases such as the flu and whooping cough to the children they care for, even before they feel sick.

Vaccines are a safe and effective way to stay healthy and prevent widespread disease. Make sure children and providers alike stay up-to-date.

Back to School Health Tips for Teachers and Staff

As we near the end of summer and back-to-school is a reality, everyone is focused on getting the kids ready, but what about the teachers and child care staff? Along with eager children comes high stress and germs. It is important that you stay healthy so that you can focus on the children.

Here are some tips to keep you healthy:

- Eat breakfast! It doesn't have to be a big deal. A bowl of oatmeal and a banana will keep you energized for the morning!
- Keep healthy snacks available, such as grapes or other fresh fruits and veggies to avoid grabbing for a candy bar or cookies when you get the munchies.
- Wash your hands frequently throughout the day and remind the children to do the same. Keep hand sanitizer handy. Use it any time the sink is not available to prevent spread of germs through contact.
- Prevent back and neck pain with simple exercises. Maintain good posture while sitting at the desk.

Stand up and walk around every 30 minutes or so. Flex your head forwards and backwards, side to side, look to the right and to the left. Roll your ankles frequently. Make sure that your chair allows you to put your feet flat on the

floor, that the computer monitor is the proper height, that your chair provides proper back support.



Be sure to check out our website!

www.wvearlychildhood.org

You can find information about the Nurse Health Consultants, health info, past issues of this newsletter, as well as information on all of great things West Virginia Early Childhood Training Connections and Resources has to offer!

Get Smart: Know When Antibiotics Work!

The Centers for Disease Control (CDC) has news for parents this cold and flu season: antibiotics don't work for a cold or the flu.

Antibiotics kill bacteria, not viruses. Colds, flu, and most sore throats are caused by viruses. Antibiotics don't touch viruses—never have, never will. And it's not really news. It's a long-documented medical fact.



But, tell that to parents seeking relief for a child's runny nose. Research shows

that most Americans have either missed the message about appropriate antibiotic use, or they simply don't believe it. It's a case of mistaken belief winning out over fact. According to public opinion research, there is a perception that "antibiotics cure everything."

Americans believe in the power of antibiotics so much that many patients go to the doctor expecting to get a prescription, and they do. Why? Physicians often are too pressured for time to engage in lengthy explanations of why antibiotics won't work. When the diagnosis is uncertain - as many symptoms for viral and bacterial infections are similar - doctors are more likely to yield to patient demands for antibiotics.

The problem is taking antibiotics when

they are not needed can do more harm than good. Wide spread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria. Families and communities feel the impact when disease-causing germs become resistant to antibiotics.

Almost every type of bacteria has become stronger and less responsive to antibiotic treatment when it is really needed. These antibiotic-resistant bacteria can quickly spread through the community - that is more difficult to cure and more expensive to treat.

According to the CDC, antibiotic resistance is one of the world's most pressing public health problems. Everyone can lower this risk by talking to their doctors and using antibiotics appropriately during the cold and flu season.

Did you know????

November 15th-21st, 2010 is Get Smart About Antibiotics Week. If you would like to pass on information about appropriate antibiotic use, including free posters(like the one on the next page) and materials for families, visit www.cdc.gov/getsmart/index.html Remember, the cold and the flu can't be cured by an antibiotic!

Back to School Health (continued)

- If you have to pick up a heavy object, first make sure that is not too heavy to lift alone and decide where it is to go. Make sure to pick it up firmly with both arms and lift with your legs, otherwise, you strain your back. Do not lean over and grab the object. When carrying the object, keep it close to your body. Do not carry it above your head. When finally setting an object down, do not lean over. Keep your head straight, and use your legs to put it on the ground. If it's too heavy, just ask for help!
- Fit in exercise. Stretch out before you start your day or make it part of morning activity in the classroom. Walk as much as you can, even if it means parking



your car in the furthest parking space available. Book the gym or activity room whenever you can and incorporate physical activity into the learning activities.

- Get support of parents, colleagues, friends and family before the workload gets out of hand! Support may be in the form of copying, getting supplies, planning activities, etc.

- Sleep! A Harvard-based Nurses' Health Study linked irregular sleep with increased risk of breast cancer, heart disease and diabetes. It also leads to the lowering of the immune system, making you more susceptible to illnesses.



So, take care of yourself so that you are ready to take on the challenges of our future leaders!

A GUIDE FOR PARENTS QUESTIONS AND ANSWERS

Runny Nose (with green or yellow mucus)

Your child has a runny nose. This is a normal part of what happens during the common cold and as it gets better. Here are some facts about colds and runny noses.



What causes a runny nose during a cold?

When germs that cause colds first infect the nose and sinuses, the nose makes clear mucus. This helps wash the germs from the nose and sinuses. After two or three days, the body's immune cells fight back, changing the mucus to a white or yellow color. As the bacteria that live in the nose grow back, they may also be found in the mucus, which changes the mucus to a greenish color. This is normal and does not mean your child needs an antibiotic.

What should I do?

- The best treatment is to wait and watch your child. Runny nose, cough, and symptoms like fever, headache, and muscle aches may be bothersome, but antibiotics will not make them go away any faster.
- Some people find that using a cool mist vaporizer or saltwater nose drops makes their child feel better.

Are antibiotics ever needed for a runny nose?

Antibiotics are needed only if your healthcare provider tells you that your child has sinusitis. Your child's healthcare provider may prescribe other medicine or give you tips to help with a cold's other symptoms like fever and cough, but antibiotics are not needed to treat the runny nose.

Why not try antibiotics now?

Taking antibiotics when they are not needed can be harmful. Each time people take antibiotics, they are more likely to carry resistant germs in their noses and throats. These resistant germs cannot be killed by common antibiotics. Your child may need more costly antibiotics, antibiotics given by a needle, or may even need to be in the hospital to get antibiotics. Since a runny nose almost always gets better on its own, it is better to wait and take antibiotics only when they are needed.

1-800-CDC-INFO www.cdc.gov/getsmart

We would like to thank the Centers For Disease Control
for allowing us to share this page!

West Virginia Child Care Nurse Health Consultants

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How Can a Child Care Nurse Health Consultant (CCHC) Help Me?

- Help providers develop strategies for caring for children with special health needs
- Develop or update health and safety policies for child care providers
- Provide health education and wellness programs
- Provide up-to-date information on the latest guidelines, policies and information regarding child health and safety
- Offer support through telephone consultations or on-site visits
- Conduct child care staff training
- Provide Medication Administration Training
- Provide communicable disease information
- Develop health care plans for children with special needs
- Provide health and safety education for parents and children



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Get to know your CCHC ~ Favorite Things



Glenna Bailey

Favorite Vacation: Bailey baseball trips. My dad loves baseball and in the last few years we have visited many of the major league parks. My favorite? Fenway Park in Boston.

Favorite WV Attraction: I love so much of WV this one is hard, but, it is Beartown State Park in Pocahontas County. Unusual rock formations line an easily traveled boardwalk and the atmosphere is otherworldly.

Favorite Childhood Toy: I've always been a bookworm so I would have to say reading Nancy Drew mystery books was definitely a favorite.

Favorite Pastime: Picking through estate sales. I love looking at old stuff and old houses. I find it endlessly fascinating to see what people have accumulated over a lifetime.

Favorite TV Shows: I like USA Network shows; White Collar, Psych, Monk, and Royal Pains. My favorite though has to be NCIS.



Sarah Hicks

Favorite Vacation: The beach. After spending most of my life in the mountains, it is a refreshing change of scenery. My favorite? OBX or Virginia Beach

Favorite WV Attraction: Blackwater Falls, since it is right in my backyard. I've seen the falls roaring, trickling, and frozen, and it's always beautiful.

Favorite Childhood Toy: My bike. Until I was 16, it was my mode of transportation, not to mention great exercise.

Favorite Pastime: Camping. Family and friends, relaxing around the campfire and sharing stories of "the good ole days."

Favorite TV Shows: I like Grey's Anatomy, NCIS, Modern Family, Everybody Loves Raymond Reruns, anything on the Food Network, and Sports Center. I will really miss watching Lost this season.

