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# Quality Care For Kids

A newsletter for Scott County 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.



## Tuberculosis Screening

In a 2013 health alert, the Centers For Disease Control (CDC) announced there was a nationwide shortage of Tuberculin Skin Test and made recommendations for patient care and public health practice. Routine TB skin testing was no longer recommended for those individuals at low risk for Tuberculosis (TB). Caring For Our Children (CFOC) National Health and Safety Performance Standards, 3rd edition states that all adults who reside in a family child care home, are child development home providers or who are child care center personnel should be screened for TB. CFOC also states that testing for TB of adults with previously negative skin

tests should not be repeated on a regular basis.

The Iowa Department of Human Services has a revised "Child Care Provider Physical Examination Report" form that includes these new recommendations. All child care providers shall receive a baseline screening of Tuberculosis completed by their health care provider. Baseline screening includes:

1. Assessing for current symptoms of active TB disease.
2. Screening for risk factors associated with TB.

Persons identified at high risk for TB or who have signs or symptoms of TB disease will be further screened by their

physician following TB control protocol.

Risk factors for TB include:

- Being foreign-born
- History of homelessness
- HIV infection
- Contact with prison population
- Contact with someone who has active TB.

Signs or symptoms of TB:

- Coughing
- Weight loss
- Fever
- Night sweats

For more information contact the Iowa Department of Public Health TB Control Program at 515-281-8636 or 515-281-7504

## Summer Fresh Fruits & Vegetables

Children (and adults too!) need 5-9 servings of fruits and vegetables a day. Summer is a great time of the year to find inexpensive fresh fruits and vegetables that are in season. Choose fruits and vegetables that are bright orange, yellow, dark green, red, and purple. Serve fresh broccoli, tomatoes, carrots, leafy lettuce, spinach, peppers, peas, peaches, strawberries, nectarines, plums, blueberries, kiwi, cherries, and other fresh fruits and vegeta-

bles that are readily available. Look for locally grown farm stands, farmer's markets, community gardens, or even grow your own!

choosemyplate.gov encourages healthy meals where half your plate is filled with fruits and vegetables. For more information about healthy eating go to [www.choosemyplate.gov](http://www.choosemyplate.gov) [www.colormehealthy.com](http://www.colormehealthy.com) or contact your local child care nurse consultant.

