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Photo credit: CDC

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



<https://earlychildhood.iowa.gov/>

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# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

Written by Stacy Kraft, RN & Heidi Hotvedt, RN

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### World Hepatitis Day

World Hepatitis Day is July 28th. Hepatitis A, B, and C are serious diseases and it's important that child care providers take precautions to protect themselves and others.

**Hepatitis A** is generally found in the stool or blood of an infected person and can spread when it is ingested through contaminated foods or drinks or through close person contact with an infected person. The virus is very contagious and can be spread before a person begins to show symptoms. Hepatitis A can be prevented by vaccination and by practicing universal precautions..

**Hepatitis B** is a bloodborne disease where symptoms can be very vague at first They include loss of appetite, stomach discomfort, nausea, and vomiting. And sometimes joint pain and rash. Often the disease progresses to jaundice which is a yellowing of the skin and eyes. Hepatitis B attacks the liver and may cause liver disease, liver cancer, and death. Hepatitis B can be prevented by vaccination and by practicing universal precautions.

**Hepatitis C** is a bloodborne disease that can also cause life-long infection, liver disease, liver cancer, and death. The majority of individuals infected with Hepatitis C may have no symptoms and may not be aware that they are infected. Rates of Hepatitis C have risen over the past several years due to the opioid crisis. The Center for Disease Control recommends that everyone born between 1945–1965 get tested for Hepatitis C as well as anyone who is at risk. There is no vaccine for Hepatitis C, however treatments are now available that can cure Hepatitis C. The best way to prevent Hepatitis C is by not sharing needles and by practicing universal precautions.

**Universal precautions** (UP) are practices for any time a person has contact with blood or body fluids. UP includes handwashing, personal protective equipment (PPE) like wearing gloves and using a CPR mask, workplace controls like hands-free garbage cans and having a sharps container for disposal of needles or other sharps, and cleaning/sanitizing/disinfecting in the child care environment.

### COVID-19 Resources

Iowa Department of Human Services

<https://dhs.iowa.gov/COVID19>

Iowa Department of Public Health COVID-19

<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>

Healthy Child Care Iowa

<https://www.idph.iowa.gov/hcci/products>

Centers For Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

Child Care Resource and Referral

<https://iowaccrr.org>