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Quality Care For Kids

A newsletter for Scott County
Child Care Providers

JANUARY 2016



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



Radon

On January 7, 2016 Governor Branstad signed a formal proclamation declaring January as “Radon Action Month” in Iowa. Radon is an odorless, colorless, tasteless naturally occurring radioactive gas that causes no immediate health symptoms, but long-term exposures may cause lung cancer. It comes from the breakdown of uranium in soil. Simple test kits can reveal the amount of radon in any building. Buildings with high levels can usually be fixed with simple and affordable venting techniques.

According to the U.S. Environmental Protection Agency, one in 15 homes across the nation has an elevated radon level and

five out of seven homes in Iowa have a radon level above a safe level. IDPH joins the American Lung Association of Iowa and the U.S. Environmental Protection Agency in encouraging Iowans to test their homes for radon, take action to reduce elevated radon levels, and build new homes using radon-resistant construction features.

Radon gas seeps into a building the same way air or other soil gases enter: from the soil around and under the building; through cracks in the foundation, floor or walls; through hollow-block walls; and through openings around floor drains, pipes and sump pumps. Radon has been detected

in new and old homes, and in homes with or without basements.

Per DHS center licensing rule 109.11(7)a “Centers operating in facilities at ground level, use a basement area as program space, or have a basement beneath program area shall have testing and a plan for remedy of radon is required”. Child Development Home Providers are encouraged to test for radon.

Test kits are simple to use and typically cost less than \$20. To order a test kit or learn additional information about radon, call the Radon Hotline at 1-800-383-5992. To learn more about radon, visit <http://idph.iowa.gov/radon>

Five Simple Resolutions for 2016

Drink one glass of water before each meal – research shows this easy action increases hydration and decreases hunger.

Stand up at least once every hour – sitting for long periods may be as damaging to your health as smoking.

Eat one fruit or vegetable with each meal – you’ll add fiber and antioxidants to every meal.

Walk for 15 minutes or more every day – an easy way to add exercise to your daily routine.

Stand on one foot while brushing teeth – it’s harder than it sounds! You’ll improve balance and strengthen core muscles.

For more tips on healthy eating, exercises, and wellness, connect socially with IDPH on Facebook at www.facebook.com/IowaDepartmentOfPublicHealth on Twitter at www.twitter.com/IAPublicHealth

Have you seen the new Iowa Department of Public Health Healthy Child Care Website? The website has many health and safety forms, posters and resources available for child care providers. Check it out at www.idph.iowa.gov/hcci