

- ✧ **HAPPY NEW YEAR!** Crafting New Year's Resolutions is a classic tradition, often focusing on improvement. Read this "curious" article from The Center For Resilient Children: [Staying curious: A new approach to making a New Year's resolution](#) and [Healthy New Year's Resolutions](#) from the American Academy of Pediatrics parenting website.
- ✧ **Flu, COVID-19, Allergies, or a Cold?** This [article from the National Institute of Health](#) goes over the similarities and differences of common illnesses. View the table about symptoms, treatment, complications, and prevention.
  - Caring for Our Children's [Appendix A: Signs and Symptoms Chart](#) from 2023 is an excellent resource to brush up on best practice exclusion and readmission criteria and review causes of common concerns.
  - [Daily Health Check | California Childcare Health Program](#)
  - [RSV, Flu & COVID: How Are These Respiratory Illnesses Different? - HealthyChildren.org](#)
- ✧ **Indoor Air Quality:** Regularly have all HVAC equipment [maintained and inspected](#) systems to ensure they are functioning efficiently. Replace [filters](#) as needed using the manufacturer's instructions. Make sure that heating vents and radiators are not obstructed by furniture or toys, allowing for proper airflow throughout the space. For a safe and healthy indoor environment:
  - Confirm that your space is well-ventilated. When the weather permits, open windows for short periods to let in fresh air. Even a few minutes of ventilation can help reduce indoor pollutants.
  - Choose non-toxic [cleaning products](#) and avoid using strong chemicals that can contribute to indoor air pollution. Look for eco-friendly options. Opening windows while cleaning can allow any chemical fumes or dust to escape. Pay special attention to carpets, rugs, and soft furnishings, as they can trap dust mites and other allergens.
  - Keep indoor [humidity levels](#) between 30-50% during the winter months. High humidity can [promote mold growth](#), while low humidity can dry out airways.
- ✧ **Cleanliness Routines:** Regular cleaning of toys and surfaces helps prevent the spread of germs and illness, while teaching children good hygiene practices, like handwashing, instills lifelong habits. By prioritizing cleanliness, we create a healthy environment where children can thrive and explore confidently. Review these CFOC Standards:
  - [4.3.1.10: Cleaning and Sanitizing Equipment Used for Bottle Feeding](#)
  - [4.9.0.9: Cleaning Food Areas and Equipment](#)
  - [5.4.1.8: Cleaning and Disinfecting Toileting Equipment](#)
  - [5.6.0.4: Microfiber Cloths and Mops Used for Cleaning](#)
- ✧ **Radon Awareness Week is January 27th-31st** - Radon is a colorless, odorless radioactive gas that can enter foundations through cracks. It's the leading cause of lung cancer deaths among non-smokers in the U.S. Testing is the only way to know if radon levels are high indoors. Children are more vulnerable to radon exposure.
  - Indoor radon levels are highest in winter due to tightly sealed buildings, the thermal stack effect (the movement of air caused by temperature differences between the inside and outside), and snow barriers.
  - Test kits are offered by the Pennsylvania Childcare Radon Testing Program in an effort to raise public awareness of this easily preventable health hazard. Those interested may contact Stacy Sowers at [stsowers@pa.gov](mailto:stsowers@pa.gov) or by calling the Pennsylvania Radon Hotline at 1-800-237-2366.
  - View information on [Radon in the Home](#) from The PA Department of Environmental Protection.
  - [Radon fact sheet](#)
  - View the PA.gov Radon Services Directory with certified Testers, Mitigators, and Laboratories [here](#).

