

## Health and Safety Update – January 2024

✧ **Staying Healthy in the New Year** – Check out these resources to support staff health and well-being:

- **Improved Physical Activity:** This article from [Kids Health](#) reviews benefits and exercise suggestions. The CDC's [Get Started With Physical Activity](#) page has tips, a list of free apps/websites and an activity [diary](#) to provide encouragement to start. [Active Play for Rainy Days](#), from Penn State Extension, suggests rainy day activities indoors.
- **Improved mental health:** The emotional wellness [toolkit](#) from the National Institutes of Health has a plethora of information, articles and checklists. You can order a print version of the toolkit for free. The toolkit is geared towards adults. Find out [here](#) what children need for good mental health from Mental Health America.
- **Improved Nutrition:** [Wondering why children develop unhealthy food habits?](#) Find out at [HealthyChildren.org](#). [MyPlate](#) offers personalized food planning [guidance](#), [budget friendly advice](#), age-appropriate guidance resources for [preschoolers](#) and other ages and a scannable QR code for your area.
- **Improved Staff Well-being:** Find resources at the [Early Childhood Learning and Knowledge Center](#) (ECLKC). Browse for videos, tips sheets and [more](#). The [Centers for Disease Control and Prevention \(CDC\)](#) also has a wealth of info on employee wellness.



✧ **Measles** is back on the radar in the US. Some people may ask, “**Why are we worried about measles? Isn’t it a childhood disease that doesn’t last long?**” The PA Department of Health notes that measles is considered one of the most highly contagious diseases. Complications occur in about 30% of cases and can lead to hospitalization, disability, and death. This [Fact Sheet](#) from the PA DOH provides details and prevention. The [Children's Hospital of Philadelphia](#) has information and a [5-minute video](#) at the Vaccine Education Center. Vaccination is especially important; when exposed, unvaccinated individuals are highly susceptible.

✧ **January is Radon Awareness Month** - Radon is a colorless, odorless radioactive gas that comes from the natural decaying of uranium, found in almost all soil. It moves through the ground to the air and can get into homes through cracks/holes in the foundation and can build up inside. Radon is the leading cause of lung cancer deaths among nonsmokers in America. Find out more from the [Environmental Protection Agency](#) and at the [CDC](#). View this [brief video](#) that shows how radon can enter a structure.

✧ **Winter Safety** - Can winter coats be dangerous in car seats? Here is the [answer](#) from Healthychildren.org. [Winter play safety tips](#) covering everything from frostbite to sledding and [cold weather safety for kids](#).



✧ **Winter Emergencies** - The National Weather Service has a [winter storm infographic](#) and one for [dressing for cold weather](#). When winter temperatures plummet and home heating systems run for hours, the risk of carbon monoxide (CO) poisoning increases. CO poisoning is preventable. Protect yourself and your family by learning [Symptoms/Prevention from the Center For Disease Control \(CDC\)](#), and get a [Fact Sheet](#), available in multiple languages.

✧ **Dry winter skin** affects both children and adults. Winter can be especially challenging for those with eczema. Find out how to prevent dry winter skin in this [article](#) from healthychildren.org. Frequent handwashing necessary in childcare programs can also lead to chapped and irritated skin. Consider these [tips](#) for dry hands from the American Academy of Dermatology. They were developed due to frequent handwashing during the pandemic. If anyone has eczema, The [Asthma and Allergy Network](#) has info and a [5-minute video](#) to view on this topic.