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#### COVID-19 Resources

DHS

[https://dhs.iowa.gov/  
childcare-covid-19](https://dhs.iowa.gov/childcare-covid-19)

HCCI

[https://  
www.idph.iowa.gov/hcci/  
products](https://www.idph.iowa.gov/hcci/products)

CCR&R

[https://iowaccrr.org/  
providers/links/  
resources2020/](https://iowaccrr.org/providers/links/resources2020/)

CDC

[https://www.cdc.gov/  
coronavirus/2019-ncov/  
index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

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

**Early  
Childhood  
IOWA**

[https://  
earlychildhood.iowa.gov](https://earlychildhood.iowa.gov)

The Child Care Nurse  
Consultant Program is  
funded by BVCS  
Early Childhood  
Iowa, HMS Early  
Childhood Iowa, and  
Boost4Families  
Early Childhood  
Iowa



# Quality Care For Kids

A newsletter for Harrison, Crawford, Cass,  
Monona & Shelby County Child Care Providers

Written by Kim Gonzales MBA, BSN, RN

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## Radon Gas

National Radon Action Month is January.

It is vital to understand the effects of radon gas on your health and how you can protect your health and others from the harm that radon gas can cause.

Below are important facts about radon gas and some measures to help eliminate radon gas.

- ⇒ Radon is a naturally occurring radioactive gas that is naturally in the atmosphere in trace amounts.
- ⇒ Radon can be trapped in a building as it moves through the ground to the air above through cracks and other holes in the foundation where it can build up.
- ⇒ Any home, new, old, with or without basements, well sealed and even drafty homes can have radon problems.
- ⇒ Radon can be found all over the United States and Iowa
- ⇒ Radon exposures mostly occurs inside homes, schools and workplaces.
- ⇒ The only way to determine radon levels is testing. Testing is inexpensive and easy to do. Testing can be done either by a professional or with a do-it-yourself home test kit.
- ⇒ Check out how to test your child care center or home at <https://idph.iowa.gov/radon/resources>

**If radon levels are high**, contact a certified radon service professional. EPA guidance suggests mitigating if levels are at or above 4 picocuries/liter. Usually, radon problems are fixed using an underground ventilation system or by increasing the rate of air changes in the building.

## Take Action-Test for Radon

Iowa has the **largest percentage (or 71.6%) of homes above** the US Environmental Protection Agency action level of 4pCi/L.

- ◆ Iowa is designated by the EPA as a zone 1 state, which means **that at least 50% of the homes are above** EPA's recommended action level.
- ◆ An **estimated 400 deaths per year in Iowa** are caused by radon induced lung cancer.

**That is approximately the same number of Iowans who die in traffic accidents each year.**

- ◆ **To obtain a low cost test kit:** Contact your local county health department or call 1-800-383-5992 to purchase a do-it-yourself, low-cost test kit. Test kits are also available for purchase from most hardware and home improvement stores. If you would like an Iowa certified measurement professional to test your home see the list or

