4th Annual Health & Fitness Day
Basketball Game
Sunday, February 26, 2017
Colonial Life Arena
The Health & Fitness Day Basketball Game promotes children’s wellness in South Carolina and is a collaboration of SCDSS, Head Start, the University of South Carolina’s Athletic Department and Dawn Staley, SC Women’s Basketball coach and Olympic gold medalist. We invite you to come out and celebrate healthy eating and physical activity with us. Many S.C. programs will be on site handing out information and giveaways. Children can get temporary face tattoos and enjoy a special guest appearance by Cocky.
Contact Morgan Jones at 803-989-0423 or Morgan.Jones@dss.sc.gov with any questions.

Public Comment Session: Public and Private Child Care Center Regulations
The Governor’s Advisory Committee on Child Care Licensing would appreciate your feedback on proposed changes to regulations for public and private child care centers. A draft of the regulations will be posted on the Division of Early Care & Education website as soon as possible. The public comment session will be held:
February 23, 2017 at 3pm-5pm
Blatt Building, Room 110
1105 Pendleton Street, Columbia, SC 29201

Product Recalls
DSS Regulation 114-507C(2) states that furniture, toys and recreational equipment shall meet the standards of the US Consumer Products Safety Commission (CPSC), if applicable, and that recalled products shall not be accessible to children. For more information, call CPSC’s hotline at 800-638-2772 or visit their website: www cpsc.gov. To report a dangerous product or related injury, go to http://saferproducts.gov.

- **Aria Child** Strollers due to laceration and fall hazards caused by side hinge and stroller folding unexpectedly.
- **Tea Collection** Children’s Denim Jackets due to choking hazard caused by detachable snaps.
- **Linon Home Decor** Dresses due to tip-over hazard.

**GLOPO Children’s Scooters** due to fall hazard caused by detachable front wheels.

- **Walt Disney Parks and Resorts** Minnie and Mickey Mouse Infant Hoodie Sweatshirts due to choking hazard caused by detachable snaps.
- **Active Kyds** Children’s Toy Shovels and Garden Tool Sets due to lead violations.
- **Booster** Electric Skateboards due to fire hazard caused by overheating battery.
- **RH Baby & Child Mobiles** due to choking hazard caused by detachable wheels.

**Read up on the Common Cold**
Every year the common cold plagues millions in the United States. Adults average two to three colds per year and children several more. Common colds usually appear in the winter and spring seasons. The common cold, a contagious viral upper respiratory tract infection, is most frequently caused by rhinoviruses. Like the flu, strands of the infection are carried in droplets, produced and passed when an infected person coughs or sneezes. Symptoms may arise two to three days after coming in contact with the infection.

- **Common Cold Symptoms**
  - Sore throat
  - Runny nose
  - Cough
  - Fatigue
  - Mild headache
  - Loss of appetite
  - Mild fever below 100.4°F

- **Children may also experience**
  - Runny nose
  - Headache
  - Loss of appetite
  - Body aches

Though there are several parallels between the common cold and the flu, it is important to note their differences:

- The flu is deadly; the common cold is not.
- Fever, chills, and headache are common flu symptoms but rarely experienced with the common cold.
- Body aches caused by the flu are severe; aches caused by the common cold are mild.

**Prevention**
- Cover coughs and sneezes
- Drink lots of fluids
- Wash hands regularly with soap and warm water
- Frequently wipe down commonly used surfaces
- Separate infected individuals from others
- Eat healthy, exercise, and get plenty of rest

There is no cure for the common cold; however over-the-counter medications may ease symptoms. Some medications have ingredients that are not recommended for children, so check with a doctor before giving medicine to a child.