

## 4<sup>th</sup> 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 803-898-0423 or [Morgan.Jones@dss.sc.gov](mailto: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](http://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 Décor Dressers** 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.
- ☛ **Boosted Electric Skateboards** due to fire hazard caused by overheating battery.
- ☛ **RH Baby & Child Mobiles** due to choking hazard caused by detachable wheels.

#### Common Cold Symptoms

- ☛ Sore throat
- ☛ Runny nose
- ☛ Cough

#### Children may also experience

- ☛ Fatigue
- ☛ Mild headache
- ☛ Loss of appetite
- ☛ Mild fever below 100.4° F

#### 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



### 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.

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.

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.**

[CDC Common Cold](#)  
[CDC Flu vs. Common Cold](#)  
[KidsHealth Common Cold](#)