

Exploring

children's health and wellness

Capital District
Child Care Council

a tipsheet for parents and caregivers of children

10 Ways to Help Avoid the Flu

Signs and Symptoms of the flu may include:

- Sore Throat
- Body Aches
- Cough
- Headache
- Fatigue
- Fever of 100 Degrees or more
- Vomiting or Diarrhea (primarily H1N1)

Who Should be Vaccinated

Seasonal Flu:

- All children 6 months through 18 years of age
- Women who are pregnant
- Anyone 50 years or older
- Anyone with high risk of complications from the flu
- Anyone who is a caregiver of someone who is at high risk for complications from the flu

H1N1 Flu:

- All of the above with the exception of those that are 64 years or older and appear to be in good health
- Children under the age of 5 years (this age group seems to be most effected by this flu)
- Children with underlying medical conditions such as asthma or diabetes
- Caregivers of children 6 months and younger because these children are too young to receive the vaccine

- 1. Get Vaccinated** for both the seasonal and the H1N1 viruses (H1N1 when it becomes available). The vaccines are administered either by injection or nasal spray. Check with your physician as to which is best for you.
- 2. Wash Hands, Wash Hands, Wash Hands** both yours and the children you care for.
- 3. Clean and Then Sanitize** in a 2 part process. First, wash and rinse surfaces such as tables, mats, toys, doorknobs, and countertops. Then sanitize those surfaces following the manufacturers instructions. Influenza virus can survive on surfaces for up to 8 hours.
- 4. Practice Good Respiratory Etiquette** by coughing and sneezing into your arm or shoulder and teach children to do the same.
- 5. Educate and Encourage** staff and parents about the need to be vaccinated.
- 6. Stay Home When You Are Sick**, flu symptoms typically last 5 to 7 days.
- 7. Be Fever Free** before returning to work, child care, or school. You should be fever free without fever reducing medication for 24 hours before returning to care/work.
- 8. Conduct Daily Health Checks** as children arrive at child care. Follow the program's exclusion criteria (illnesses for which children and staff will be sent home).
- 9. Separate Sick Children From the Rest** of the program to keep others from becoming sick. Always maintain supervision and ratios.
- 10. Your Health Care Plan is Your Greatest Resource**, your program has already developed specific guidelines to help keep you and the children healthy and safe. Whether it's the flu or a scraped knee, use your health care plan as your guide.

**Good
Prevention
Habits are Key to
Avoiding the Flu
this Season**

