



INFANT TODDLER FAMILY DAY CARE
RECOMMENDATIONS FOR 2009 FLU SEASON

Infant Toddler Family Day Care makes the following recommendations concerning swine flu/h1n1 and seasonal flu:

- Family child care providers, children in family child care homes and their family members and, staff are **STRONGLY** encouraged to consult their physician about being immunized for seasonal flu, h1n1, and pneumonia and follow their recommendation.
- Stay home when sick: Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, **WITHOUT** the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs. Flu symptoms include fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea. If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.
- Family child care providers should separate an ill child from other household members. Anyone who appears to have flu-like illness should be kept separate from others until they can be sent home. CDC recommends that they wear a surgical mask, if possible, and that those who care for ill people wear a surgical mask.
- Hand hygiene and respiratory etiquette: The new recommendations emphasize the importance of the basic foundations of influenza prevention:
 1. Stay home when sick.
 2. Wash hands frequently with soap and water for 15 to 20 seconds when possible.
 3. Cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
 4. Avoid touching your nose, eyes, or mouth. Germs spread this way.
 5. Try to avoid close contact with sick people.
- Routine cleaning: Family child care providers should routinely clean areas that children touch often with the cleaners they typically use.
- Early treatment of high-risk individuals: People at high risk for influenza complications who become ill with influenza-like illness should speak with their health-care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.
- Consideration of the use of substitutes and closing homes: The decision to close homes will be made on a case-by-case basis.



Signs and Symptoms of Influenza

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For more information, visit <http://www.naccrra.org/news/swine-flu>,
<http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>, and/or
www.aap.org/advocacy/releases/may09swineflu.htm.