

## **Swine-Origin Influenza A (H1N1) Information for Child Care Providers**

CDC has identified cases of swine-origin influenza A (H1N1) virus infection in people from several states including California, Kansas, Texas, New York and other states (see updates at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)). CDC is working with local and state health agencies to investigate these cases. It has been determined that this virus is spreading from human to human.

Mexico has reported increased levels of respiratory disease including reports of severe pneumonia cases and deaths. The swine-origin influenza viruses identified by CDC from cases in Mexico are similar to viruses from patients in the United States. As of April 29, 2009, of 91 patients identified thus far in the US, most have recovered, but five have been hospitalized and one patient, a child, has died. However, the CDC is concerned about these cases in the United States and the World Health Organization are concerned about continued spread of this new virus. Right now, there is no vaccine for this new virus and the current seasonal influenza is thought to be unlikely to provide protection against this new strain.

Child care providers in community based child care programs in all settings including both center-based and family child care programs should:

- Review their plans for responding to a pandemic. Make sure that they are up to date and that parents know what they are.
- Remind parents and enforce policies for having ill children stay at home during their illness. Children with symptoms of an influenza-like illness should not come to school. Symptoms of influenza include fever, cough, sore throat, body aches, headache, chills, fatigue, and, in some cases diarrhea. The child's health care provider will determine whether influenza testing is needed and when the child can return to child care. In most areas, children with other, mild respiratory illnesses including allergies may be allowed to attend child care as long they are able to participate comfortably and their care does not result in a greater need for care than the staff can provide without compromising the health and safety of the other children (Caring for Our Children- Standard 3.065).
- Remind workers not to come to work while if they have an influenza like illness. They should consult their health care provider to determine whether influenza testing is needed.
- Health departments in areas where cases of persons affected with this new virus have been identified may recommend more rigid exclusion policies so providers will need to stay informed on what is happening in their communities.
- Child with influenza may be infectious for up to 10 days after illness onset with influenza while adults are thought to likely infectious for 5-7 days. Public health investigators are working to more precisely learn the length of infectiousness. If a child has been confirmed to have swine-origin influenza, then seek the advice of the child's health provider and the health department about when the child can return to the child care program
- Be familiar with local/state plans for child care in the event of a mild or severe pandemic. This information may be available from state or local health authorities, child care licensing agencies or resource and referral agencies. If these plans do not include specific approaches to communicate with and handle situations in child care, do what you can to advocate for updating the plans.

- Develop and implement a system to track illness and absence due to illness among children and staff if one is not already in place. The system should be simple and easy to maintain but should record the number of persons with various illnesses (e.g. respiratory, diarrhea, rash) by day or at least by week. (see Caring for Our Children Standards 3.001 and 3.002 for information on how to do this (<http://nrckids.org/CFOC/PDFVersion/Chapter%203.pdf>- page 2)
- Review and implement CDC Guidelines and Recommendations for Preventing the Spread of Influenza (the Flu) in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff, (<http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>)
- Make sure staff are familiar with the above guidelines and that they are being followed in your program. Remind child care staff to clean/disinfect/sanitize frequently touched surfaces within the facility.
- Provide information to parents on steps that they could take to prevent flu. (See attached fact sheet that could be distributed to each parent or posted on a door to the facilities with providers calling attention to the posted fact sheet).
- Monitor the postings on the CDC web site about this virus ([www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)) and information from state or local health departments to see if child care facilities should begin preparing for possible closure or changes in operation.
- Work with parents to consult the child's health provider if you have questions about a child with a respiratory illness or if you suspect a child might have influenza. Contact your child care health consultant or local public health department if you need help to make decisions promptly that affect the children as a group

Child care and preschool programs can help protect the health of their staff and the children and families they serve by calling attention to the every day preventive actions that parents can initiate to protect their children. (Please consider posting or distributing the attached message in your child care facility).

More information on preventing the spread of influenza can be found at: <http://www.pandemicflu.gov/plan/school/preschool.html>. For generic information on disaster preparedness, see NACCRRA's web site [http://www.naccrra.org/for\\_parents/coping/disaster.php](http://www.naccrra.org/for_parents/coping/disaster.php)

Additional generic planning information for child care programs and schools, including examples of state and local plans, can be found on the Department of Education's website at: <http://www.ed.gov/admins/lead/safety/emergencyplan/pandemic/index.html>.

Note: Conditions and situations are rapidly changing and these recommendations may change over time.

# Preventing the Flu: Good Health Habits Can Help Stop Germs

## Fact Sheet

### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### 2. Stay home when you are sick.

Stay home from work, child care, school, and errands when you are sick, except to seek medical care. Keep sick children at home except to see medical care. You will help prevent others from catching the illness.

### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

### 4. Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs.

### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### 6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

There is no vaccine available at this time for this new flu virus , so it is important for people living in the affected areas to take steps to prevent spreading the virus to others. If people are ill, they should stay at home and limit contact with others, except to seek medical care. Healthy residents living in these areas should take the everyday preventive actions listed above.

People who live in these areas who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.

# CDC Quick Reference Guide for Public Information on Infection Control

## \*General Swine Flu Information\*

[Swine Flu Key Facts](#): Provides facts about Swine Influenza

[Swine Flu and You](#): Provides answers to questions about Swine Influenza

[Swine Flu Video Podcast](#): In this video, Dr. Joe Bresee, with the CDC Influenza Division, describes swine flu - its signs and symptoms, how it's transmitted, medicines to treat it, steps people can take to protect themselves from it, and what people should do if they become ill.

[All you have to do is wash your hands Podcast](#):

This Podcast teaches children how and when to wash their hands properly

[Swine Flu RSS feed](#):

Receive automatic updates on Swine Flu from the Centers for Disease Control and Prevention right on your desktop or browser.

[INFLUENZA: Pigs, People and Public Health](#): Public Health Fact Sheet from National Pork Board

## \*Flu Information for Children/Parents & Child Care Providers\*

[The Flu: A Guide for Parents](#): Questions and answers about the flu, how to protect your child, treatment, and more

[Preventing the Spread of Influenza \(the Flu\) in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff](#): Flu recommendations for schools and child care providers

[Questions and Answers: Information for Schools](#): Printable version of answers to questions commonly asked by school administrators, teachers, staff, and parents

[Protecting Against the Flu: Advice for Caregivers of Children Less Than 6 Months Old](#):

Research has shown that children less than 5 years of age are at high risk of serious flu-related complications.

[Stopping Germs at Home, Work and School](#): Fact Sheet

[Ounce of Prevention](#): Tips and streaming video for parents and children about the steps and benefits of effective hand washing

[CDC Free Flu Materials](#): This year's seasonal flu materials are free for download—**no printed versions are available**. They may be printed on a standard office printer, or you may use a commercial printer. Emphasis remains on outreach to high-risk groups, as well as parents of all children, health care workers, and people in the workplace.

## \*Prevention Methods\*

[Clean Hands Saves lives](#): Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

[Hand Hygiene in Healthcare Setting](#) : Guideline for Hand Hygiene in Healthcare Settings - 2002.

[Hand washing to reduce Disease:](#) Recommendations to Reduce Disease Transmission from Animals in Public Settings

[BAM! Body and Mind. Teacher's Corner:](#) In this activity, students will conduct an experiment on washing their hands. They will learn that "clean" hands may not be so clean after all and the critical importance of washing their hands as a way to prevent the spread of disease.

[CDC TV - Put Your Hands Together:](#) (Video) Scientists estimate that people are not washing their hands often or well enough and may transmit up to 80% of all infections by their hands  
[Cover your Cough Posters:](#) Stop the Spread of Germs that Make You and Others Sick! ... Printable formats of "Cover Your Cough". Posters only available as PDF files.

[CDC flu information:](#) Stopping Germs at Home, Work and School. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

[Questions and Answers: Information for Schools:](#) Information about preventing the spread of flu in schools

[Information for Schools & Childcare...](#) Cover Your Cough Materials. View larger image. See the Cover Your Cough page on this site for poster and flyer formatted for use in schools. ...

[Stopping the Spread of Germs:](#) Stop the Spread of Germs Healthy habits at home, work, & school; Printable Materials, flyers & posters, Cover Your Cough, Germ Stopper Poster. ...

[CDC - Be a Germ Stopper: Posters and Materials:](#) For Community and Public Settings Like Schools and Child Care Facilities). ... Cover Your Cough also available for health care settings. ...

[Cough Etiquette in Health Care Settings:](#) Tips to prevent the spread of germs from coughing; Information about Personal Protective Equipment Demonstrates the sequences for donning and...

[Workplace Planning:](#) Includes flyers and posters, in English, Spanish, Portuguese, French, Vietnamese, Tagalog, Chinese...

[Seasonal Flu Information for Workplaces & Employees:](#) Resources for Workplaces & Employees

[Pandemic Influenza Preparedness Tools for Professionals:](#) Resources to help hospital administrators and state and local health officials prepare for the next influenza pandemic.

[Patient Education Materials:](#) This season's materials reflect outreach to high-risk groups, including caregivers and parents of infants...

## \*School Materials and Posters\*

### Germ Stopper Materials

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[View larger image](#)

"Be a Germ Stopper" posters and screensavers. Simple reminders for good hygiene for use in classrooms, cafeterias or laminated for bathrooms.

See the Stop the Spread of Germs site at [www.cdc.gov/germstopper](http://www.cdc.gov/germstopper).

### Cover Your Cough Materials

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[View larger image](#)

See the [Cover Your Cough](#) page on this site for poster and flyer formatted for use in schools.

### "It's a SNAP" Toolkit

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Program materials to help prevent school absenteeism  
Activities for school administrators, teachers, students and others can do to help stop the spread of germs in schools.  
See the handcleaning section of the "It's a SNAP" site at [www.itsasnap.org/snap/about.asp](http://www.itsasnap.org/snap/about.asp).

### Scrub Club

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[www.scrubclub.org](http://www.scrubclub.org)

Kids can learn about health and hygiene and become members of the Scrub Club(tm) at [www.scrubclub.org](http://www.scrubclub.org). The site features a fun and educational animated Webisode with seven "soaper-heros" who battle nasty villains who represent germs and bacteria. Kids learn the six key steps to proper handwashing through a webisode, handwashing song, interactive games, and activities for kids, and educational materials for teachers are also available to download.