



# Health Connect

*Leading the way to a healthier Shawnee County*

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## **H1N1 and Child Care Providers: Reduce the Spread**

1. Get educated and learn as much as you can about H1N1 from reliable websites such as:
  - [www.snco.us/ha](http://www.snco.us/ha)
  - [www.ksheks.gov](http://www.ksheks.gov)
  - [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)
2. Develop a plan of how you will deal with high absentee rates among children and staff. Check out [www.pandemicflu.gov/pdf/child\\_care.pdf](http://www.pandemicflu.gov/pdf/child_care.pdf)
3. Review your policies for the exclusion of sick kids. Be sure to remind parents and staff of this plan.
4. Review children's files and contact information. Make sure everything is up to date.
5. Make plans to isolate and supervise sick kids until their parents can pick them up.
6. Recognize symptoms of H1N1 as fever greater than 100, cough, sore throat, runny nose, aches, chills and fatigue. In some cases diarrhea and vomiting.
7. Take care of yourself.
8. Don't work when you are sick and don't allow your staff to either.
9. Clean commonly shared items and surfaces at least once a day and when visibly soiled.
10. Avoid over crowded conditions. Encourage the children to spread out during circle or story time.
11. Allow more than the two foot minimum required between cribs, cots and sleep mats.
12. Get plenty of fresh air. Allow outside play when weather is permitting. Keep inside well ventilated.
13. Stock all sinks and restrooms with soap and paper towels.
14. Place tissue and waste containers throughout the child care area. They should be readily accessible to children and staff.
15. Wash your hands frequently with soap and running water. Use alcohol based hand sanitizer when soap and water are not available.
16. Give special attention to teaching children how to wash their hands and monitor their hand washing.
17. Cover your nose and mouth with a tissue when coughing or sneezing. Use your sleeve if a tissue is not available. Be mindful not to cradle a baby in your arms if you've used your sleeve to catch your cough.
18. Teach children to use a tissue to cover their coughs and sneezes. Do the "Dracula catch" when tissue is not available, by coughing or sneezing into your elbow.
19. Teach parents simple things they can do to keep their families healthy and to reduce the spread of H1N1 and seasonal flu.
20. Maintain regular communication with your local health department to obtain guidance about reporting flu-like illness in your program.