

Network News

e-Newsletter of the
VA Infant & Toddler Specialist Network

VIRGINIA
INFANT & TODDLER SPECIALIST

NETWORK

"Achieving Excellence in Early Care"

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Keep Calm and Wash Your Hands - It's Flu Season!

What is flu?

Influenza, also known as the flu, is a contagious respiratory illness caused by influenza viruses that affect the nose, throat, and lungs. The flu is most common during October through May and peaks between January and March. The flu is usually spread when an infected person coughs or sneezes. Flu symptoms can include fever, headache, chills, cough, sore throat, and body aches. Vomiting and diarrhea may occur in children. The chart below will help determine if an illness is a cold or the flu. For more information on flu symptoms, click [here](#).

Signs and Symptoms	Flu	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes

Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort	Common	Mild to moderate; hacking cough
Headache	Common; can be severe	Rare



How to prevent the spread of flu

- Encourage all staff, children, and parents to get the flu vaccine - [click here](#) for locations where flu vaccinations are offered
- Focus on handwashing - [When and How to Wash Your Hands](#)

INFANT HANDWASHING

When to Wash Infant's Hands

- Upon arrival
- Before and after infant receives bottle or food
- After diapering
- After contact with body fluids
- After outside play
- Before and after water play
- After handling pets
- Whenever hands are visibly dirty
- Before going home

Handwashing Steps

- Turn on warm water.
- Wet hands with water.
- Apply liquid soap.
- Wash hands for 20 seconds. Rub top and inside of hand, under nails and between fingers.
- Rinse hands under running water for at least 10 seconds.
- Dry hands with disposable paper towel.
- Turn off the water using paper towel.
- Throw paper towel into a lined trash container.

Very Young Infants: unable to support their heads

The infant is unable to hold head up or stand at sink, or the infant is too heavy for you to hold at sink.

Wash infant's hands with:

- Disposable wipes **OR**
- The three towel method (prepared ahead):
 1. dampened and soapy for washing infant's hands
 2. dampened with water for rinsing infant's hands
 3. dry for drying infant's hands
- Wash your hands.

Young Infants: can support their heads but not stand at the sink

You are able to hold the infant, but the infant cannot stand at the sink.

- Carry infant to sink.
- Hold infant at the sink and wash infant's hands.
- Wash your hands.

Caution! Do not push the infant's tummy into the sink.

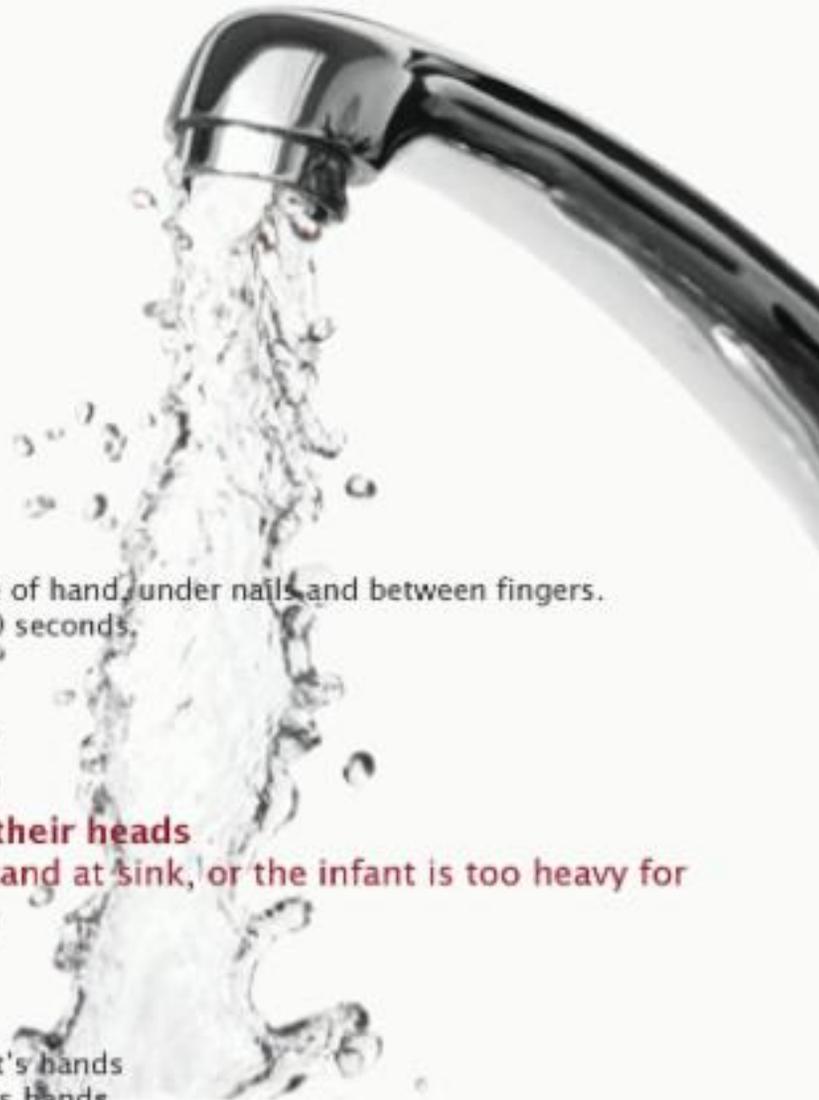
Back Aid Place your foot on a 12" stool to lift your leg. Rest the infant on your knee at the sink.

Older Infants: can stand at the sink

Infant can stand at a toddler height sink or on a stool at a sink.

- First assist the infant with hand washing.
- Wash your hands.

Adapted from North Carolina Child Care Health & Safety Resource Center
www.healthychildcarenc.org



- Clean, sanitize, and disinfect surfaces and toys - [Guidelines for Using Sanitizers and Disinfectants](#)
- Exclude children and caregivers who are sick
 - According to the Virginia Department of Social Services Standards for Licensed Child Day Centers, a child shall not be allowed to attend the center for the day if he has:
 1. A temperature over 101°F;
 2. Recurrent vomiting or diarrhea; or
 3. A communicable disease.
 - According to the Virginia Department Social Services Standards for Licensed Family Day Homes, unless otherwise approved by a child's health care professional, a child shall be excluded from the family day home if he has:
 1. Both fever and behavior change. A fever means oral temperature over 101°F or armpit temperature over 100°F;
 2. Diarrhea (more watery, less formed, more frequent stools not associated with a diet change or medication). Children in diapers who develop diarrhea shall be excluded,

- and children who have learned to use the toilet, but cannot make it to the toilet in time, shall also be excluded;
3. Recurrent vomiting (vomiting two or more times in 24 hours); or
 4. Symptoms of a communicable disease, as defined by the Virginia Department of Health, listed below:
 - Sudden onset of a stiff neck or headache;
 - Severe coughing that causes the child to become red or blue in the face or to make a whooping sound;
 - Sudden onset of abdominal pain;
 - Rash or blisters;
 - Pink or red eyeball with swelling of the eyelids and eye discharge;
 - Bloody stools;
 - Yellowish skin or eyes;
 - Severe itching and scratching; or
 - Swelling and tenderness of neck glands.

Steps to prepare child care programs for flu season

- Update children's records to include contact information so family members can be reached quickly, if needed to pick up a sick child
- Complete the free AAP/Centers for Disease Control and Prevention online course [Influenza Prevention & Control Strategies for Early Education & Child Care Providers](#)
- Share the following documents with families:
 - [The Flu: A Guide for Parents](#)
 - [11 Things for Parents to Know About the 2015-2016 Flu Vaccine](#)
- Consider distributing a customized letter to families about influenza prevention and practices in your program. A sample is provided [here](#).

Adapted from Virginia Department of Health www.vdh.virginia.gov and Centers for Disease Control and Prevention www.cdc.gov

RESOURCE SPOTLIGHT ON: Virginia Department of Health - Flu

[The Virginia Department of Health - Flu](#)

offers information about flu basics, prevention, and vaccination in Virginia.

Upcoming Professional Development Opportunities:

Save the Date for

Celebrating Families
BABIES AND TOTS
2016

March 12

Newport News

April 23

Arlington

May 14

Charlottesville

Registration to begin in January 2016



Spring trainings are filling up!

January 23 and 30

Newport News

February 20 and 27

Bristol

March 12 and 19

Arlington

To register, click on the location of the training you'd like to attend or visit www.va-itsnetwork.org.

DID YOU KNOW . . .

. . . that the VA ITSN now offers training on Modules 1 and 2 from the Center on the Social and Emotional Foundations of Early Learning (CSEFEL)?

January 30 and February 6

Fredericksburg

February 5 and 6

Sterling

February 20 and 27

Norfolk

February 20 and 27

Tappahannock

To register, click on the location of the training you'd like to attend or visit www.va-itsnetwork.org

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