

### **Fight the Flu: Preventative Guide**

Childcare is a prime location for the flu virus to spread and statistics show that children are two to three times more likely than adults to get sick with the flu. To help parents and childcare providers recognize the symptoms, remember Flu **F.A.C.T.S.** (**F**ever, **A**ches, **C**hills, **T**iredness, and **S**udden onset). Additional symptoms may include vomiting and diarrhea. The U.S. Centers for Disease Control and Prevention (CDC) notes that the flu can peak anytime between November and March. Below are some facts to help parents through this flu season.

#### **Flu Transmission**

- Flu is a respiratory illness.
- The flu is spread mainly from person to person through droplets made when people with flu cough, sneeze or talk.
- Droplets can spread by landing in the mouths and nose of people who are nearby or possibly inhaled into the lungs.
- Flu virus can also spread when people touch something with the flu virus on it and then touch their mouth, eyes or nose.
- Infected children can pass the flu virus to others 1 day before symptoms develop and up to 5-7 days after becoming sick.

#### **Preventing the Flu**

- CDC recommends a yearly **flu vaccine** as the most important step in protecting against flu viruses.
- Get vaccinated by the end of October, if possible, **before flu season begins**.
- **Good hygiene habits** help control spreading the flu virus. Teach your child these habits to help with prevention:
  - ✓ Cover your coughs and sneezes with the inside of your elbow or tissue paper.
  - ✓ Wash hands frequently with soap and water.
  - ✓ Avoid touching your eyes, nose and mouth- germs can spread this way.

#### **What to Do if Your Child Gets the Flu**

Even with preventative measures, your child may still get the flu. If your child gets the flu, schedule an appointment with your pediatrician. Also, it is important to keep your child at home if he or she has flu-like symptoms and for at least 24 hours after his or her fever is gone to keep from infecting others.

Source: <https://www.cdc.gov/flu/protect/preventing.htm>

### **Program Reminders/ Updates**

**Enrollment Renewals:** We will be sending enrollment renewals shortly. Child enrollments need to be renewed annually. If you do not receive your packet by the end of February, please call your consultant.

**New location:** CACFP will be moving to Watsonville in April. More details to come!

**Menus:** Please remember to sign the new menus. Signature line is now located along the left side of your menus. ALL menus MUST be signed.



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