

Flu Prevention Tips for Child Care Providers

Flu season is at its peak nationwide, and it is on the rise in California. In Santa Clara County, we are entering the peak weeks of the flu season, and the Santa Clara County Public Health Department wants to share some tips on protecting the health of our community. Flu is easily transmitted in places where people congregate, so child care providers can play a large role in reducing the spread of flu and other contagious diseases.

Child care providers, teachers and staff are concerned about the flu, particularly its effects on children. Some people, such as older adults, young children, and people with certain health conditions, are at high risk for serious flu complications, and the flu is easily spread in crowds and places where people gather – such as day care centers. Educators play a key role in keeping their communities healthy by posting information about hand hygiene in restrooms, providing flu prevention messages in daily announcements, and being vigilant about cleaning and disinfecting classrooms and materials.

Our basic advice: get (and encourage others to get) vaccinated against the flu, wash your hands thoroughly and often, and cover your cough. Ask those under your care to stay home if they feel sick.

Take action to protect yourself and others from the flu! Visit www.sccphd.org and click on Flu Info.



Get Vaccinated

This is the first and most important step. The Santa Clara County Public Health Department recommends all people age 6 months and older be vaccinated to protect themselves and everyone they come into contact with.

Stay Home When Sick

It's important to take care of yourself so that you can take care of others. If you or your children become ill, make sure to stay home until after the fever is gone for at least 24 hours without the use of a fever-reducing medicine. Encourage others to rest and recover at home to prevent others from catching the flu.

Wash Hands Often, and Keep Your Facility Clean

Wash your hands often with soap and water, especially after you cough or sneeze. If soap

and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Frequently touched surfaces should be cleaned and disinfected at home, work, school and anywhere people gather.

Cover Coughs and Sneezes

Set a good example for others to follow! Cough or sneeze into your upper sleeve or elbow, or use a tissue and throw it away immediately and wash your hands. Never cough into your hands.

You can help prevent flu by helping spread the word about responsible practices. Make flu prevention techniques a “teachable moment!” Many free resources are available from the US Centers for Disease Control and Prevention (CDC) at www.cdc.gov/flu/freeresources/print-family.htm#pictograms

For more information, go to www.sccphd.org or www.cdc.gov/flu

Vaccination Information and Clinic Locations:

www.cdc.gov/flu/about/qa/misconceptions.htm

www.sccgov.org/sites/sccphd/en-us/Residents/DiseaseInformation/Influenza/Pages/home.aspx

Stop the Spread of Germs:

www.cdc.gov/flu/protect/stopgerms.htm

www.cdc.gov/ounceofprevention

www.cdc.gov/flu/school/cleaning.htm

www.cdc.gov/flu/protect/covercough.htm

Special Information for Parents:

www.cdc.gov/flu/parents/index.htm