About The Resource Center

The NC Child Care Health and Safety Resource Center is a project of the Department of Maternal and Child Health, Gillings School of Global and Public Health, The University of North Carolina. Project Director: Jonathan Kotch. Funding for the Resource Center originates with the Maternal and Child Health Title V Block Grant of USDHHS’s Health Resources and Services Administration/Maternal and Child Health Bureau, awarded to the University under a contract from the Division of Public Health, NCDHHS. The development, translating, printing, web posting and mailing of the NC Child Care Health and Safety Bulletin are supported by funding from the Child Care and Development Fund Block Grant of the Child Care Bureau, Administration on Children and Families, USDHHS, through a contract between the Division of Child Development, NCDHHS, and the Department of Maternal and Child Health, Gillings School of Global and Public Health, The University of North Carolina at Chapel Hill.

In This Issue

1 How Sick is Too Sick?

2 Someone is Sick!

3-6 Communicable Disease and Exclusion from Child Care

7 Immunizations for Influenza, Tetanus, Diphtheria and Pertussis

8 Ask the Resource Center

How Sick is Too Sick?

Colds, flu, strep throat, tummy bugs, and more serious infections are common during the winter months, especially in child care settings. Germs grow and spread more easily in the child care environment. Children and adults are in close proximity to one another most of the day. As children play and learn together, they share toys, books, and games. They might also share the germs that make people sick. When a child sneezes, his nearby playmate can easily breathe in his germs. When an infant crawls across the floor, she leaves her germs on the path behind her. A young friend picks them up as he follows along in her wake. Siblings introduce germs to children in another classroom. Adults pass on their germs, and those of the children, if they forget to wash their hands before serving food, or forget to sanitize the changing table after diapering a baby.

Good hygiene practices reduce the spread of infectious diseases. One of the main strategies for reducing the spread of infectious diseases is washing hands after diapering and toileting. This, along with sanitizing, or disinfecting, helps to keep disease causing germs at bay. Infants depend on the adults in their lives to wash their hands for them, and to keep their world clean and relatively germ free. Toddlers and preschoolers are just beginning to learn how to wash their hands, sneeze into their elbows, or cover their mouths when they cough. They need practice and frequent reminders as they learn and develop habits that reduce illness and promote health.

Even with the best sanitation and hygiene practices, children still get sick. Children are exposed to common illnesses both inside and outside of child care. It is not possible to protect them from all infectious diseases all the time. Many common illnesses are at their most contagious stage during the early course of the disease, before symptoms occur. By the time a child has obvious symptoms the other children have already been exposed. Exclusion will not keep them from getting sick. As long as children feel well enough to participate in the program and do not require extra care from the provider, they can usually remain in child care. When children do not feel well enough to participate, it is best for them to rest and recover at home. With some illnesses, such as strep throat, children are required to remain at home until they have been on medication for a specific period of time. With other infectious diseases, children may require a note from a health care provider or negative lab results, or they may need to be symptom-free before returning to child care.

Written exclusion policies work best when communication between home and child care is positive, clear, and frequent. When families and staff understand the policy they are more likely to follow it. Parents will know what to check for and why before taking their child to child care. Staff can refer to the policy to determine if a child should be excluded from child care. Policies keep parents and providers on the same page. With understanding and cooperation, they can work together to reduce everyone’s exposure to infectious disease.


Communicable Disease and Exclusion from Child Care

The table on pages 3-6 is a reference guide for common infectious diseases and exclusion from child care. Copies can be made and given to parents and staff for easy reference.
Someone is Sick!

Provide opportunities for children to learn about illnesses and being nursed back to health. Playing with a few well placed props can help children remember what it felt like to be sick and let them practice caring for a sick friend, doll or stuffed animal.

Dramatic Play

Change the dramatic play area to a sick room, hospital, or doctor’s office, depending on what the children in the classroom are experiencing. Prop box items could include:

- play thermometers and syringes
- telephones
- stethoscopes
- medical bags
- prescription pads and markers
- lab coats, shoe covers, clip on name tags
- posters of sick children being cared for by families, doctors, and nurses
- quiet area or “bed” for sick child or doll…or stuffed animal

Block Corner

Add ambulances, rescue vehicles, nurses, doctors, and patients to the accessories for block play. Bring in shoe boxes that can become doctors’ offices or hospitals.

Book Corner

Put books about specific illnesses and going to the doctor in the book corner. Add puppets who are nurses and doctors, and a stuffed animal or two that are not feeling well.

**Germs Are Not for Sharing** by Elizabeth Verdick 2006

**Going to the Hospital** by Fred Rogers 1997

**How do Dinosaurs Get Well Soon?** by Jane Yolen 2003

**The Little Elephant with the Big Earache** by Charlotte Cowan 2004

**The Sick Day** by Patricia MacLachlan 2001

Exclusion from Child Care

Children and adults should be excluded from attending child care for three reasons:

* when they have a specific infectious or contagious disease
* when they are too sick to participate or provide care
* when they have a health condition that puts them at high risk from exposure to certain illnesses

Exclusion policies outline how to keep diseases from spreading to more families. At the beginning of enrollment or employment, the director should clearly explain the exclusion policy.

**Infectious and Contagious Diseases** are covered in NC Child Care Rules .0804(a) and .1720(b). These rules specify the requirements for exclusion from child care due to illness. They are written to protect children and adults from exposure to diseases that spread easily through the child care center or family child care home, and to the family or community. Children should be excluded when they have the following symptoms:

- a temperature of 100°F or more, when taken under the arm
- sudden onset of diarrhea
- two or more episodes of vomiting within a period of 12 hours

They should be excluded for the following diseases:

- scabies
- strep throat
- impetigo
- hepatitis
- pertussis
- chicken pox
- red eye, also known as pink eye

A health care provider may decide that a child should be separated from other children and not attend child care. Infectious diseases can be spread by adults as well. Exclusion of adults should be covered in the personnel handbook.

A person does not need to be contagious to be too sick to participate or to provide care for children. Child care providers must attend to the needs of all the children in their care. They cannot maintain staff/child ratios when one child needs to stay inside during outdoor play or demands extra attention because he or she is not feeling well. Doing a daily health check for each child upon arrival will help families and providers decide whether or not a child is too sick to participate. They should consider what is best for all the children when making their decision. A teacher who has an illness that saps energy may not be able to provide adequate care for the children. Substitute care is needed until the provider feels better.

Some **health conditions** put children or adults at higher risk from exposure to common illnesses. For example, a child who is HIV positive may become very ill from a cold. Health care plans for children with chronic health conditions include instructions on when to notify parents of illnesses in the classroom that might affect their child’s health. The parents can then decide when to keep their child at home. The director and staff with health conditions that put them at risk can decide what support that staff person might need.

Find more information about infectious diseases in the December 2003 issue of the **NC Child Care Health and Safety Bulletin**.
<table>
<thead>
<tr>
<th>Disease</th>
<th>Overview</th>
<th>Symptoms</th>
<th>Prevention</th>
<th>Exclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMV (Cytomegalovirus)</td>
<td>Viral infection, common in children</td>
<td>• Mild to no symptoms</td>
<td>• Thorough handwashing</td>
<td>Do not exclude.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Can be harmful to fetus</td>
<td></td>
</tr>
<tr>
<td>Chicken Pox</td>
<td>Infection caused by the varicella-zoster</td>
<td>• Rash (small, red, blistering bumps)</td>
<td>• Varicella vaccine</td>
<td>Exclude until rash has become dry and crusted.</td>
</tr>
<tr>
<td>(Varicella-Zoster</td>
<td>virus</td>
<td>• Fever, runny nose, cough</td>
<td>• Thorough handwashing and surface sanitation</td>
<td></td>
</tr>
<tr>
<td>infection)</td>
<td></td>
<td></td>
<td>• Keep room well ventilated</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Can be harmful to fetus</td>
<td></td>
</tr>
<tr>
<td>Diarrhea (Campylobacter</td>
<td>Infection caused by campylobacter bacteria</td>
<td>• Bloody diarrhea</td>
<td>• Thorough handwashing and surface sanitation</td>
<td>Exclude if bloody diarrhea.</td>
</tr>
<tr>
<td>osis)</td>
<td></td>
<td>• Fever</td>
<td>• Caregivers who change diapers should not</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Vomiting</td>
<td>prepare food for children outside their group</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Abdominal cramping</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diarrhea (E.coli and E.</td>
<td>Infection caused by Escherichia coli</td>
<td>• Loose stools (watery or bloody)</td>
<td>• Cook ground beef thoroughly</td>
<td>Exclude until diarrhea ends.</td>
</tr>
<tr>
<td>coli 0157:H7*)</td>
<td>0157:H7 bacteria</td>
<td>• Abdominal pain</td>
<td>• Use only pasteurized milk and juice products</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Fever</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diarrhea (Gardiasis*)</td>
<td>Infection caused by Giardia lamblia parasite</td>
<td>• Watery diarrhea</td>
<td>Thorough handwashing</td>
<td>Exclude until diarrhea ends.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Excessive gas</td>
<td>Caregivers who change diapers should not</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Abdominal pains</td>
<td>prepare food for children outside their group</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Decreased appetite</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Weight loss</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diarrhea (Rotavirus)</td>
<td>Viral infection, most common cause of</td>
<td>• Non-bloody diarrhea</td>
<td>Thorough handwashing and surface sanitation</td>
<td>Exclude infected children in diapers until</td>
</tr>
<tr>
<td></td>
<td>diarrhea and vomiting</td>
<td>• Nausea and vomiting</td>
<td>• Caregivers who change diapers should not</td>
<td>diarrhea ends.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>prepare food for children outside their group</td>
<td></td>
</tr>
<tr>
<td>Diarrhea (Salmonellosis*</td>
<td>Infection caused by Salmonella bacteria</td>
<td>• Diarrhea</td>
<td>Thorough handwashing</td>
<td>Exclude infected children in diapers until 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Fever</td>
<td>No reptiles</td>
<td>negative stool samples.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Abdominal cramps</td>
<td>Avoid contact with raw eggs and poultry</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Nausea or Vomiting</td>
<td>Cook eggs and poultry thoroughly</td>
<td></td>
</tr>
<tr>
<td>Diarrhea (Shigellosis*)</td>
<td>Infection caused by the Shigella bacteria</td>
<td>• Loose, watery stools with blood or mucus</td>
<td>Thorough handwashing</td>
<td>Exclude until treatment is complete and 2</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Fever, headache</td>
<td>No shared water play</td>
<td>negative stool samples taken 24 hours apart.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Abdominal pains</td>
<td>Sanitary diaper changing techniques</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Convulsions</td>
<td>Sanitary food handling</td>
<td></td>
</tr>
<tr>
<td>Fifth Disease (Erythema</td>
<td>Infection caused by Human Parvovirus B19</td>
<td>• Fever, headache</td>
<td>Thorough handwashing and surface sanitation</td>
<td>Do not exclude unless person has sickle cell</td>
</tr>
<tr>
<td>Infectiosum)</td>
<td></td>
<td>• Muscle and joint aches</td>
<td>• Caregivers who change diapers should not</td>
<td>syndrome, immune deficiency, or is ordered</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Red, lace-like rash on torso, arms, and</td>
<td>prepare food for children outside their group</td>
<td>by a physician.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>thighs that lasts 1-3 weeks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Can be harmful to fetus</td>
<td></td>
</tr>
</tbody>
</table>

*Reportable

Reference: Managing Infectious Diseases in Child Care and Schools, AAP 2004
<table>
<thead>
<tr>
<th>Disease</th>
<th>Overview</th>
<th>Symptoms</th>
<th>Prevention</th>
<th>Exclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>German Measles</strong>&lt;sup&gt;*&lt;/sup&gt; (Rubella)</td>
<td>Uncommon, mild infection caused by Rubella virus</td>
<td>• Red or pink rash on the face and body</td>
<td>• MMR vaccine. &lt;strong&gt;Required. Can be very harmful to fetus&lt;/strong&gt;</td>
<td>Exclude for 6 days after the beginning of the rash.</td>
</tr>
<tr>
<td><strong>Hand-Foot-and-Mouth Disease</strong>&lt;sup&gt;*&lt;/sup&gt; (Coxsackievirus)</td>
<td>Infection caused by Coxsackie virus, more common in summer and fall</td>
<td>• Tiny blisters in the mouth, on the fingers, palms or hands, buttocks, and soles of feet &lt;br&gt;• Common cold-like symptoms (i.e. sore throat, runny nose, cough, and fever)</td>
<td>• When coughing or sneezing cover mouths and noses with a disposable tissue &lt;br&gt;• Thorough handwashing after handling contaminated tissues or changing diapers</td>
<td>Do not exclude.</td>
</tr>
<tr>
<td><strong>Head Lice</strong>&lt;sup&gt;*&lt;/sup&gt; (Pediculosis Capitis)</td>
<td>Small insects that draw blood from the scalp and lay tiny eggs (nits) on hair shafts</td>
<td>• Itchy skin on scalp or neck &lt;br&gt;• Scratching around ears and at the nape of the neck &lt;br&gt;• White nits glued to hair</td>
<td>• Do not share brushes, hats, blankets, or pillows &lt;br&gt;• Launder contaminated fabric with hot water and high-heat drying</td>
<td>Exclude until physician recommended treatment.</td>
</tr>
<tr>
<td><strong>Hepatitis A</strong>&lt;sup&gt;*&lt;/sup&gt; (HAV)</td>
<td>Viral infection, causes liver inflammation</td>
<td>• Fever, fatigue &lt;br&gt;• Jaundice (yellowing of skin or eyes) &lt;br&gt;• Decreased appetite, abdominal pain</td>
<td>• HAV vaccine. &lt;strong&gt;Not required.&lt;/strong&gt; &lt;br&gt;• Regular and thorough handwashing</td>
<td>Exclude for 1 week after onset of illness.</td>
</tr>
<tr>
<td><strong>Hepatitis B</strong>&lt;sup&gt;*&lt;/sup&gt; (HBV)</td>
<td>Viral infection, causes liver inflammation</td>
<td>• Flu-like symptoms, fatigue, decreased appetite &lt;br&gt;• Jaundice &lt;br&gt;• Joint pain</td>
<td>• HBV vaccine. &lt;strong&gt;Required.&lt;/strong&gt; &lt;br&gt;• Cover open wounds or sores &lt;br&gt;• Sanitize surfaces that have been contaminated with blood</td>
<td>Exclude if weeping sores, biting or scratching behavior, or a bleeding problem.</td>
</tr>
<tr>
<td><strong>Hepatitis C</strong>&lt;sup&gt;*&lt;/sup&gt; (HCV)</td>
<td>Viral infection, causes liver inflammation</td>
<td>• Nausea, decreased appetite, fatigue &lt;br&gt;• Jaundice &lt;br&gt;• Muscle and joint pain</td>
<td>• Cover open wounds or sores &lt;br&gt;• Sanitize surfaces contaminated with blood</td>
<td>Exclude if weeping sores, biting or scratching behavior, or a bleeding problem.</td>
</tr>
<tr>
<td><strong>HIV/AIDS</strong>&lt;sup&gt;*&lt;/sup&gt;</td>
<td>Viral infection, progressively destroys the body's immune system</td>
<td>• Slow or delayed growth &lt;br&gt;• Enlarged lymph nodes &lt;br&gt;• Swelling of salivary glands &lt;br&gt;• Frequent infections</td>
<td>• Wear gloves when handling blood or blood-containing fluids &lt;br&gt;• Sanitize surfaces that have been contaminated with blood</td>
<td>Do not exclude, unless ordered by a physician.</td>
</tr>
<tr>
<td><strong>Impetigo</strong></td>
<td>Infection caused by streptococcal or staphylococcal bacteria</td>
<td>• Small, red pimples or fluid-filled blisters with crusted, yellow scabs on the skin</td>
<td>• Thorough handwashing &lt;br&gt;• Disinfect and cover any open sores or wounds</td>
<td>Exclude as soon as infection is suspected and return after 24 hours of medication.</td>
</tr>
<tr>
<td><strong>Influenza</strong>&lt;sup&gt;*&lt;/sup&gt;</td>
<td>Infection caused by a number of respiratory viruses</td>
<td>• Fever, chills, headache &lt;br&gt;• Cough and sore throat &lt;br&gt;• Muscle aches &lt;br&gt;• Decreased energy</td>
<td>• Flu vaccine. &lt;strong&gt;Not required but advised.&lt;/strong&gt; &lt;br&gt;• Thorough handwashing</td>
<td>Do not exclude, unless ordered by a health care provider.</td>
</tr>
</tbody>
</table>

<sup>*</sup>Reportable

Reference: Managing Infectious Diseases in Child Care and Schools, AAP 2004
<table>
<thead>
<tr>
<th>Disease</th>
<th>Overview</th>
<th>Symptoms</th>
<th>Prevention</th>
<th>Exclusion</th>
</tr>
</thead>
</table>
| **MRSA**                     | Infection caused by Staph bacteria resistant to broad-spectrum antibiotic treatment | • Small, red, pimple-like bumps  
• Abscesses (collection of pus under the skin)                                      | • Thorough handwashing and surface sanitation  
• Do not share towels, clothing, or bedding  
• Keep wounds covered                                                    | Exclude if open, draining sores can not be covered and the dressing kept dry. Complex cases should be cleared by a health care provider. |
| **Measles**                  | Infection caused by the measles virus, highly contagious                  | • Fever, cough, runny nose, red and watery eyes  
• Small, red spots in mouth  
• Rash spreading from the hairline downward                                      | • MMR vaccine. Required.  
• Thorough handwashing and surface sanitation                                            | Exclude for at least 4 days after the beginning of the rash. |
| **Meningitis**               | Bacterial or viral infection, causes swelling or inflammation of brain and spinal cord tissue | • Fever, headache  
• Nausea, loss of appetite  
• Stiff neck  
• Confusion, drowsiness, irritability                                           | • Hib vaccine. Required.  
• Thorough handwashing                                                                            | Exclude as soon as infection is suspected until cleared by a physician. |
| **Molluscum Contagiosum**    | Skin infection caused by a virus, similar to warts                         | • Small, flesh-colored bumps on the skin                                                                       | • Thorough handwashing after touching bumps  
• Do not share towels, wash cloths, or blankets used by an infected child                                                | Do not exclude. |
| **Mononucleosis**            | Infection caused by the Epstein-Barr virus                                 | • Mild to no symptoms in young children                                                                        | • Thorough handwashing  
• Do not share objects contaminated with mucus                                                                 | Do not exclude, unless ordered by a physician. |
| **Mumps**                    | Viral infection with swelling of one or more salivary glands               | • Swollen glands  
• Fever, headache, earache                                                                                     | • MMR vaccine. Required.                                                                                              | Exclude for at least 9 days after the beginning of swelling. |
| **Pink Eye**                 | Bacterial or viral infection, causes inflammation of eye tissue           | • Red or pink, swollen, itchy eyes  
• Yellow or green discharge and crusting in the eyes                                                                | • Thorough handwashing before and after touching the eyes, nose, and mouth  
• Thorough sanitation of objects commonly touched by hands or faces                                                              | Exclude if bacterial until treatment has begun with antibiotic eye drops, or if health care provider recommends exclusion. |
| **Pneumonia**                | Bacterial or viral infection, causes inflammation of lungs                | • Cough, fever  
• Difficulty breathing  
• Loss of appetite  
• Muscle aches  
• Fatigue                                                                                                           | • Thorough handwashing and surface sanitation  
• Dispose of tissues contaminated with mucus                                                                                | Do not exclude unless person has sickle cell syndrome, immune deficiency, or is ordered by a physician. |

*Reportable

Reference: Managing Infectious Diseases in Child Care and Schools, AAP 2004
## Communicable Diseases and Exclusion from Child Care

<table>
<thead>
<tr>
<th>Disease</th>
<th>Overview</th>
<th>Symptoms</th>
<th>Prevention</th>
<th>Exclusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinworms (Enterobias)</td>
<td>Infection caused by small threadlike round worm</td>
<td>• Itching and irritation around the anal or vaginal area</td>
<td>• Thorough handwashing and sanitation of surface and toy</td>
<td>Do not exclude.</td>
</tr>
<tr>
<td>RSV (Respiratory Syncytial Virus)</td>
<td>Viral infection caused by Respiratory Syncytial virus, causes common cold, occurs mostly in winter and early spring</td>
<td>• Cold-like symptoms • Respiratory problems (wheezing, difficulty breathing) • Labored breathing or blue episodes</td>
<td>• Thorough handwashing and surface sanitation • Dispose of tissues contaminated with mucus</td>
<td>Do not exclude unless rapid or labored breathing, person turns blue, or person has sickle cell syndrome, immune deficiency, or is ordered by a physician.</td>
</tr>
<tr>
<td>Ringworm</td>
<td>Infection caused by several kinds of fungi, may affect the body, feet, or scalp</td>
<td>• Red, circular patches on the skin • Cracking and peeling of skin between toes • Redness, scaling of scalp</td>
<td>• Cover skin lesions • Do not share objects that come in contact with the head (hats, brushes, bedding, etc.)</td>
<td>Exclude until treatment is started.</td>
</tr>
<tr>
<td>Roseola (Human Herpesvirus 6)</td>
<td>Viral infection causing a rash in children ages 6-24 months old</td>
<td>• High fever • Red, raised rash</td>
<td>• Thorough handwashing</td>
<td>Do not exclude.</td>
</tr>
<tr>
<td>Scabies (Sarcoptes scabei)</td>
<td>Infestation on the skin by small insects (mites)</td>
<td>• Rash, severe itching • Itchy red bumps or blisters in skin folds</td>
<td>• Contain clothing and bedding that can not be laundered in plastic bags for at least 4 days • Launder bedding and clothing in hot water with a hot dry cycle</td>
<td>Exclude until treatment is completed.</td>
</tr>
<tr>
<td>Strep Throat</td>
<td>Infections caused by Group A streptococcus bacteria</td>
<td>• Sore throat, fever, headache • Decreased appetite, stomachache • Swollen lymph nodes • Sunburn-like rash with tiny bumps that may itch • Fever, sore throat, swollen glands • Yellow or white coating on tongue and throat</td>
<td>• Thorough handwashing • Avoid direct contact with potentially infected individuals</td>
<td>Exclude until antibiotics have been administered for at least 24 hours.</td>
</tr>
<tr>
<td>Scarlet Fever</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TB (Tuberculosis*)</td>
<td>Infection caused by a bacterium, usually affecting the lungs</td>
<td>• Chronic cough • Weight loss • Fever, chills, night sweats • Positive skin test</td>
<td>• When coughing or sneezing cover mouths and noses with a disposable tissue</td>
<td>Exclude until cleared by a physician.</td>
</tr>
<tr>
<td>Whooping Cough (Pertussis*)</td>
<td>Contagious bacterial infection that causes mild to severe coughing</td>
<td>• Cold-like symptoms • Coughing that leads to vomiting, loss of breath, or blue face • Whooping sound when inhaling after coughing</td>
<td>• DTaP vaccine, for children less than 7 years of age. Required. • Tdap vaccine, for persons 11 years and older. Required. • Thorough handwashing</td>
<td>Exclude until at least 5 days of antibiotic treatment (out of 14) have been completed.</td>
</tr>
</tbody>
</table>

*Reportable

Reference: Managing Infectious Diseases in Child Care and Schools, AAP 2004
**Bulletin Board**

### National Handwashing Awareness Week

Week is December 7th-13th

National Handwashing Awareness Week is a reminder to wash hands often. Handwashing is the most effective means of preventing the spread of infection. Hands often spread bacteria and viruses that cause diseases such as colds, flu, and diarrhea. So remember to wash hands:

- Whenever hands are visibly dirty
- After using the toilet or diapering
- After coughing or contact with body fluids such as a runny nose, blood, or vomit
- Before and after playing in water
- After outside play
- After handling pets

### December is Safe Toys and Gifts Month

Children learn and have fun with wisely chosen toys. Before buying new toys, check product recalls at www.cpsc.gov Read and follow the warning labels. Match the child's abilities with the toys. Always provide close supervision of children playing with toys.

### January is Family Fit Lifestyle Month

Support and reward everyone's efforts to be more active. Choose and enjoy activities that can be done together as a family.

Follow these tips for family fitness fun!

- Designate indoor and outdoor play areas for rolling, climbing, jumping, and tumbling. Buy toys or equipment that promote physical activity.
- Select fitness-oriented gifts with the child's skills and interests in mind. Limit time spent watching TV, videos, and playing computer games.
- Use physical activity rather than food for rewards. For instance, the family gets to go in-line skating after raking the leaves in the yard. Include grandparents, other relatives, and friends whenever possible.
- Take turns selecting an activity for the family to do as a group each week.
- Spend as much time outdoors as possible.

### Immunizations for Influenza, Tetanus, Diphtheria and Pertussis

Immunizations protect against infectious disease such as flu and pertussis (whooping cough). Each year in the US about 50,000 people die from illnesses that could be prevented by vaccines. About 36,000 of those deaths are due to influenza (flu).

An annual autumn/winter flu vaccine is recommended for:

- Children ages 6-59 months
- Adults 50 years of age and older
- Anyone with certain chronic medical conditions
- Residents of long term care facilities
- People living with or caring for those at high risk for complications from the flu
- Anyone caring for children from birth up to 5 years of age

**DTaP** is a single vaccine. It protects against diphtheria, tetanus, and pertussis. Five doses are recommended for young children:

- At 2, 4, and 6 months of age
- Between 15 and 18 months of age
- Between 4 and 6 years of age

Some children have reactions to the DTaP vaccine. Parents of these children should consult their child's health care provider before the child receives another dose of DTaP.

The single vaccine against tetanus, diphtheria, and pertussis for older children and adults is called **Tdap**. People 11-64 years of age should receive one Tdap booster vaccine. After that dose is given, only a Tetanus/Diphtheria (Td) booster is needed. It should be given every 10 years.

### References:


---

**December is Safe Toys and Gifts Month**

Dec. 1 World AIDS Day
Dec. 17 Clean Air Day

**January is**

National Birth Defects Prevention Month
National Blood Donor Month
Jan. 5-11 Folic Acid Awareness Week
Jan. 22 Women's Healthy Weight Day

**February is**

Children's Dental Health Month
Kids E.N.T. (Ears, Nose, Throat) Month
Feb. 6 National Wear Red Day (Fight Heart Disease in Women)
Q: Our program has families from many different cultural backgrounds. At this time of year there seems to be an endless round of celebrations. Children sometimes get as much stress as pleasure from the experience. What can we do here to make this holiday season more peaceful and more meaningful?

A: Without meaning to, adults sometimes add to the holiday stress. They often set unrealistic goals for themselves trying to create “magic moments” for the children. Children absorb this stress and often feel overwhelmed by all the anticipation and excitement. Child care providers can bring a sense of calm and peace to the environment by setting manageable and realistic goals for everyone.

If families want to celebrate one of their traditions, invite them to visit the program and use their celebration as a learning experience for all the children. Consider asking different families to visit. They can share examples of their own culture and customs. Ask them to talk about the celebration and share a song or activity related to the celebration. This makes the experience more meaningful. To reduce stress keep the celebrations low key, relaxed, and within the children’s interests and abilities.

If families prefer that celebrations remain at home, show your respect by acknowledging the special occasion. “Hanukkah begins next week. Are you looking forward to it?” “Tomorrow is Three Kings Day! Is your Grandma coming for a visit that day?” Make sure to acknowledge each child’s special traditions when they occur.

Tips for planning activities and reducing stress

• Stick with regular, predictable routines during most of the day to reduce stress.
• Choose a few enjoyable activities that are meaningful to the children.
• Design activities that respect the customs practiced by the families in the program.
• Plan developmentally appropriate activities.
• Have children create their own special celebration, one that has meaning to the children in the classroom.
• Do not make children wait too long for special celebrations.

Next year you can plan ahead for the holiday season. At the beginning of the year, consider asking families what they would like to celebrate in the classroom. This way, cultural celebrations can take place throughout the year, providing more meaning and less stress!

References: