

 <p>Washoe County Health District</p>	<h2>Guidelines for the Prevention & Control of Influenza in Child Care & Early Childhood Programs</h2>
<h3>Reporting – When an Outbreak is Suspected</h3>	
<ul style="list-style-type: none"> • Notify the Washoe County Health District (WCHD) at (775) 328-2447 (phone) or (775) 328-3764 (fax). • Notify Washoe County Social Services at (775) 337-4470. • Request that parents report symptoms of ill children when calling their child in sick. 	
<h3>Actions for the prevention and control of influenza and influenza-like-illness (ILI)</h3>	
<p>Stay home when sick:</p>	<ul style="list-style-type: none"> • Children and caregivers with flu-like illness should be excluded from child care until at least 24 hours after they are free of fever (100° F [37.8° C] or greater when measured orally), or signs of a fever, without the use of fever-reducing medications. To the extent possible, sick individuals should stay at home and avoid contact with others during the exclusion period, except when necessary to seek medical care. • Parents and caregivers should expect an exclusion period of 3 to 5 days after onset of symptoms in most cases. • This exclusion period is recommended whether or not antiviral medications are used. • Early childhood programs, parents, or WCHD may elect to require longer periods of exclusion.
<p>Conduct daily health checks:</p>	<ul style="list-style-type: none"> • Early childhood providers should observe all children and staff and, if possible, talk with each child’s parent or guardian. • Look for changes in the child’s behavior, a report of illness or recent visit to a health care provider, and any signs or symptoms of illness. • During the day, staff also should monitor children and other staff for illness. • Ill children and staff should be further screened by taking their temperature and inquiring about symptoms.
<p>Separate ill children and staff:</p>	<ul style="list-style-type: none"> • Children and staff who develop symptoms of flu-like illness while at the early childhood program must promptly be separated from others until they are able to leave the facility. • Provide a space where the child can be comfortable and supervised at all times. • Early childhood providers who care for persons with flu-like illness should consider use of surgical masks while providing direct care.
<p>Encourage respiratory and hand hygiene:</p>	<ul style="list-style-type: none"> • All staff and children need to wash hands frequently with soap and water when possible; keep hands away from your nose, mouth, and eyes; and cough or sneeze into the inside of your elbow. If a tissue is used, be sure to dispose of it properly and immediately wash your hands with soap and water or use hand sanitizer if hand washing facilities are not readily available. • Caregivers should closely monitor respiratory and hand hygiene and remind children not to share cups or eating utensils. • Visit: http://www.cdc.gov/handwashing/ for more information on hand hygiene and http://www.cdc.gov/flu/protect/covercough.htm for more information on respiratory etiquette.

<p>Perform routine cleaning:</p>	<ul style="list-style-type: none"> • Areas and items that are visibly soiled should be cleaned and disinfected immediately. • All areas should be regularly cleaned – focusing on items that are more likely to have frequent contact with the hands, mouths, and bodily fluids of young children (for example, toys and play areas, doors, door handles, light switches, tables, desks, lockers, cubbies, etc). • Buses, vans, or other transportation vehicles; inside of vehicles should be cleaned and disinfected on a daily basis focusing on areas that are commonly touched. <div style="border: 1px solid black; background-color: #ffffcc; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">General principles of cleaning / disinfecting:</p> <ul style="list-style-type: none"> • Wear disposable gloves • Use an EPA approved disinfectant that is effective against Influenza A Virus¹. Many approved disinfectants include common household cleaning agents such as Lysol, Clorox and Pine Sol. Always follow manufactures guidelines for product use. • Dispose of gloves and paper towels/cloths in plastic waste bags. Put plastic bags in the regular trash. • Wash hands thoroughly using soap and water and dry them with a disposable towel. <p>¹http://www.epa.gov/oppad001/influenza-disinfectants.html</p> </div>
<p>Encourage early treatment for children and staff at high risk for flu complications:</p>	<ul style="list-style-type: none"> • Early treatment with antiviral medications can decrease the risk of severe illness from influenza and is recommended for ill persons at high risk for flu complications. • Ill staff and parents of ill children should be encouraged to talk with their health care provider to determine if antiviral treatment is needed.
<p>Childhood program closures:</p>	<ul style="list-style-type: none"> • If flu transmission is high, early childhood programs may consider temporary closures with the goal of decreasing the spread of flu among children less than 5 years of age. • The decision to close should be made in partnership with Washoe County Health District and Washoe County Social Services.
<p>Additional measures</p>	<ul style="list-style-type: none"> • Post visual alerts within the facility to inform personnel, volunteers and students of infection control measures to limit the spread of influenza. • Consider canceling or postponing group activities until the number of new cases subsides or ceases.



Hand washing is the single most important procedure for preventing the spread of infection! Frequent hand washing with soap and water for at least 20 seconds of vigorous rubbing, thorough rinsing under a stream of clean water, and drying with disposable towels is recommended.