

Swine Influenza A (H1N1) Information for Child Care Providers

The Centers for Disease Control & Prevention (CDC) has identified cases of swine influenza A (H1N1) virus infection in people in the U.S. CDC is working with local and state health agencies to investigate these cases. It has been determined that this virus is spreading from human to human. Symptoms of swine flu to watch for are: fever, chills, cough, sore throat, headache, body ache, extreme fatigue and in some cases nausea and vomiting.

Right now, there is no vaccine to prevent this virus, but there are antiviral medications that can lessen the length and severity of illness. Following are specific guidelines for child care providers.

Child care providers should:

- Remind parents to **keep ill children at home** for as long as they are sick. A child can spread flu infection for up to **10 days** after illness onset. Enforce your policy.
- Tell workers to stay home while ill. Adults are generally infectious for up to **7 days**. Enforce your policy.
- Review your center's plan for responding to a pandemic and make sure it is up to date.
- Develop a simple system to record the number of children AND staff with obvious illnesses (such as respiratory, diarrhea, rash) and absence due to illness among children. Maintain this record daily.
- Review with staff the CDC's —
Guidelines and Recommendations for Preventing the Spread of Influenza in Child Care Settings: Guidance for Administrators, Care Providers and Other Staff.
<http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>
- Ensure that staff frequently clean/disinfect regularly touched surfaces within the facility.
- Provide information to parents about what they can do to help prevent flu. (See attached fact sheet that should be distributed to each parent AND posted on a door to the facility.)
- Use the fact sheet **Returning Traveler & Swine Flu** as a handout for families AND staff who have traveled to affected areas.

For more information, visit these websites or dial 2-1-1.

Vermont Department Health
<http://healthvermont.gov>

Center for Disease Control & Prevention
<http://www.cdc.gov/swineflu/>