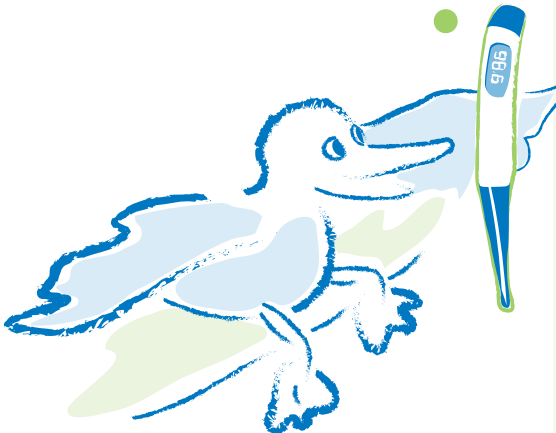


What is Bird Flu?



Also known as avian flu, this type of flu infects birds such as waterfowl, chickens and ducks. It has infected some people but is not easily spread from person to person. If it changes, it could begin a pandemic.

Need More Help?

If you need more information about children's health and safety, here are some local resources:

- ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH**
 Communicable Diseases ▶ 410-222-7256
 Immunizations ▶ 410-222-4896
 Lead Poisoning ▶ 410-222-7003
 Injury Prevention ▶ 410-222-4223
 Women, Infants and Children (WIC) Program ▶ 410-222-6797
 Maryland Children's Health Program (MCHP) ▶ 410-222-4792
 Office of Emergency Preparedness and Response ▶ 410-222-4115
 Smoking Stinks Web Site for Kids ▶ www.smokingstinks-aaco.org
 Department of Health Web Site ▶ www.aahealth.org
 Family Fitness Challenge ▶ www.aahealth.org/fitnesschallenge

ANNE ARUNDEL COUNTY FIRE DEPARTMENT
 Office of Injury Prevention and Fire Safety ▶ 410-222-8303

ANNE ARUNDEL COUNTY POLICE
 Community Relations ▶ 410-222-8562

ANNAPOLIS CITY POLICE
 Community Safety ▶ 410-268-9000

MARYLAND POISON CENTER
 1-800-222-1222

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The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, sex, sexual orientation or disability.

To report outbreaks of flu or infectious diseases

Call the Anne Arundel County Department of Health's Communicable Disease Program at 410-222-7256.

For disease specific information, download the Maryland Department of Health and Mental Hygiene's communicable disease summary: www.edcp.org/outbreak/pdf/CD%20Summary-Oct_04.pdf.

Building Blocks

issue 9

A NEWSLETTER PROMOTING CHILDREN'S HEALTH FROM THE ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH



The flu season is here. Make sure you're prepared and protected.

Q What is flu and how is it spread?

A Influenza (flu) symptoms include fever, headache, tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Nausea, vomiting and diarrhea can also occur. A person can get the flu by being in contact with droplets from the nose or mouth of someone who is sick, such as from another person's coughs or sneezes.

continued inside

Healthy Habits = Healthy Childcare

This issue focuses on healthy habits that decrease the spread of germs and help keep children and families well.

1 HAND WASHING



Washing hands is one of the best ways to keep from getting sick. Simple steps for clean hands:

1. Wet hands with running water.
2. Add soap and rub hands together for 15 seconds.
3. Rinse.
4. Dry hands with clean paper towel.
5. Turn off water with the paper towel.

No soap and water?
 Use an alcohol-based hand sanitizer.

2 COVER THAT SNEEZE & COUGH

Coughing or sneezing spreads germs. Cover your nose and mouth with a tissue or your elbow to prevent spreading germs to your hands, and make sure kids know this, too.

continued inside

COPY THE ENCLOSED INSERT AND GIVE IT TO PARENTS.

3 GET MOVING

Exercise helps the body fight off simple illnesses. Include active play in the childcare schedule a few times each day. Simon Says, Hokey Pokey and Ring Around the Rosey get the whole group moving!

4 SLEEP

Getting the right amount of sleep will help fight off colds and infections. At naptime, provide a quiet, dark and comfortable setting for children to rest.



HOW MUCH SLEEP DO WE NEED?	
Newborns.....	16–18 hrs
Preschoolers.....	10–12 hrs
School-aged & Adolescents.....	9 hrs
Adults.....	7–8 hrs

5 HEALTHY EATING

Good nutrition is vital for good health. Provide a variety of foods, including plenty of vegetables, fruits and whole grains at meal and snack times.

- **Fruit Kabobs.** Use thin pretzel sticks and push three or four pieces of cut-up fruit onto each stick to make a kabob. Try chunks of melon, banana, kiwi, pineapple, peach, nectarine and strawberry.
- **Woven Wheat Nachos.** Top 100% whole-wheat crackers with low-fat cheese and salsa. Heat in oven or microwave until the cheese is melted.

For more daycare meal and snack ideas, check out the Learn To Live pages on www.ahealth.org.

When to Keep Children Home

Each childcare center should have its own policies about sick children, which should be given to parents. Policies may differ between centers, depending on staffing and space. In individual situations, childcare centers may follow the doctor's written recommendations. The following illnesses may require keeping children home:

RED EYES: This could be conjunctivitis (pink eye). A child with red eyes and drainage from one or both eyes should see a doctor. Hand washing is the best way to prevent the spread of pink eye.

Children can return once they are cleared by their doctor or on treatment for 24 hours.

COLDS AND FLU: Most children have colds every year. Some common symptoms include coughing, sneezing, fever and tiredness. Cold and flu viruses are spread by droplets from the nose or throat of a sick person. Hand washing is the best way to prevent spread of colds and the flu.

Children with colds or the flu can attend childcare if they don't have a fever.

SORE THROAT: Colds or allergies can cause sore throats. Strep throat is another common reason for sore throat. Children with strep can have fever and swollen glands. Promote hand washing and avoid sharing cups and eating utensils to prevent spread of germs.

Children with strep throat can return to childcare after 24 hours on antibiotics. Children who have a sore throat caused by other reasons can return when the fever goes away.

FEVER: A fever is any body temperature above normal. Most often it is the body's normal reaction to fight off an infection. Things like overexertion, hot

weather and overdressing can also raise body temperature. A sick child with fever usually also has other changes, like tiredness or a poor appetite.

In general, a child can return when the fever goes away or if the child's doctor says that the cause of fever is not contagious.

RASH: Contagious diseases like chicken pox or measles can cause rashes. Allergic reactions (for example, to insect bites or poison ivy) can also cause rashes.

Unknown rashes should be seen by a doctor before a child returns to childcare. The child may need to stay home for a longer period of time if a contagious infection is found (like chicken pox).

VOMITING & DIARRHEA: Illnesses that cause vomiting, diarrhea and stomach pain can be spread through dirty surfaces, water or food. Children with bloody diarrhea should see their doctor. Hand washing is the best way to prevent spread of disease. Always wash hands after diaper changing,

and before and after preparing food.

In general, children may return to childcare 24 hours after their vomiting or diarrhea has stopped. If they have certain kinds of diarrheal illness, they may need to stay out longer.

NUISANCE CONDITIONS: Infections with head lice, ringworm or scabies are common in childcare centers and are treatable. Remind parents that family members and close contacts may also need to be checked and treated. Avoid sharing personal items such as towels, clothing, hats, blankets and combs.

Children with these conditions should not be in childcare until they have started treatment.

PAIN: Ear infections, injuries, and toothaches are some common reasons for pain. In some cases, children may need to be evaluated by their medical provider.

Children should be sent home if the pain gets in the way of their participation in activities.

Q What is a flu pandemic?

A A flu pandemic is a disease outbreak that occurs when a new and dangerous flu strain spreads easily and quickly all over the world. More people become sick and die than in the usual flu season.

Q How do I prepare for a flu pandemic?

- A** Follow these tips for your childcare center. They may also be helpful for other emergencies like natural disasters or terrorist events.
- ▶ Teach staff and children proper hand washing and to cover coughs and sneezes.
 - ▶ Clean surfaces such as doorknobs and counters.
 - ▶ Prepare an emergency plan and share it with parents.
 - ▶ Encourage families to have a plan if your center is closed.
 - ▶ Keep a supply of soap, alcohol-based hand rubs, paper towels and tissues to prevent the spread of germs.

- ▶ Encourage staff to get yearly flu shots. Tell families that experts recommend flu shots for all children beginning at six months old.
- ▶ Check children and adults for illness when they arrive.
- ▶ Keep children who become sick away from others.

Q A pandemic flu strikes – now what?

- A**
- ▶ Children depend on routine, so stick to your usual activities.
 - ▶ Staff should have a calm and positive attitude. If you react with alarm, children may become more scared.
 - ▶ Staff or children who have a fever or think they have the flu should stay at home until they are well.
 - ▶ Keep informed by listening to the local news or go to our website at ahealth.org.



What is a fever?

Temperature can be taken different ways. In general, children have a fever if their temperature is:

- 100°F or higher if taken in the armpit (axillary).
- 101°F or higher if taken in the mouth (oral).
- 102°F or higher if taken in the bottom (rectal).

Babies under three months old have a lower fever limit. If a baby has a rectal temperature higher than 100.8°F, call the parents and doctor immediately.

This is not meant to diagnose disease or take the place of a doctor's advice.