


**Colds, Flu and RSV...
What Can FCC
Providers
Do?**

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**Take Note
Tome Nota**



Recording this
Session
Grabar la sesión



Certificate &
Evaluation
Certificado &
Evaluación

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**Evaluation/Certificates
Evaluación/Certificados**

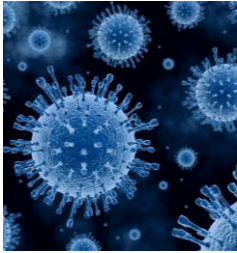
- 100 % de Asistencia
- Evaluación
- Certificado

- 100 % Attendance
- Evaluation
- Certificate



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Infectious Diseases



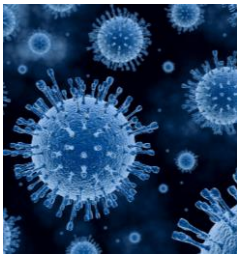
What is an infectious disease?

Germs get into the body and cause illness



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Infectious Diseases



Germs can be:

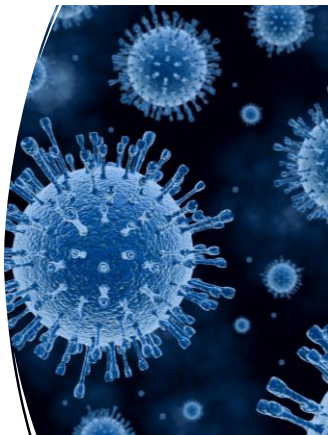
- Bacteria
- Fungi
- Parasites
- Viruses



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Infectious Diseases

What are common infectious diseases you see in your family child care (FCC)?



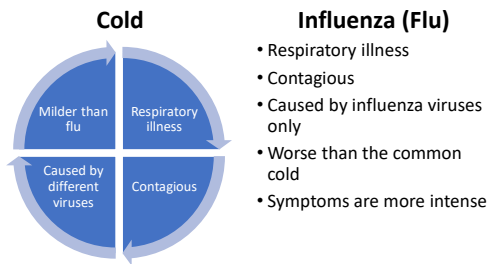
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Colds, Flu, and RSV

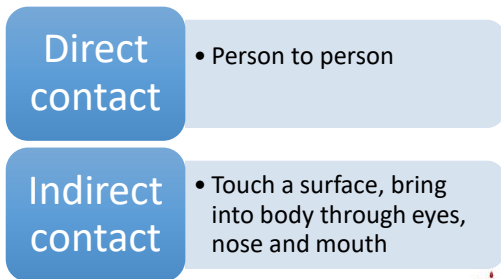
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What is the difference between a cold and flu?



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Spread of Colds and Flu



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IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

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What can
FCC
providers
do?

Take preventive actions:

- Hand washing with soap and water
- Avoid touching eyes, nose and mouth
- Clean and disinfect surfaces and objects
- Cover coughs and sneezes
- Avoid close contact with people who are sick

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RSV

Respiratory syncytial (sin-SISH-uhl) virus (RSV):

- Common respiratory virus
- Causes mild, cold-like symptoms
- RSV can be serious, especially for infants and older adults
- RSV is the most common cause of bronchiolitis and pneumonia:
 - in children younger than 1 year of age in the United States

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RSV: How does it spread?

- RSV can spread when:
- An infected person coughs or sneezes
 - You get virus droplets from a cough or sneeze in your eyes, nose, or mouth
 - You have direct contact with the virus
 - You touch a surface that has the virus on it

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RSV: Symptoms

- People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms usually include
 - Runny nose
 - Decrease in appetite
 - Coughing
 - Sneezing
 - Fever
 - Wheezing
- In very young infants, symptoms include:
 - irritability,
 - decreased activity, and
 - breathing difficulties.
- Almost all children will have had an RSV infection by their second birthday.

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RSV: What can FCC Providers do?

- NO specific treatment for RSV
- Steps to relieve symptoms:
 - Manage fever and pain
 - Provide enough fluids
 - Provide medication with completed medication administration permission forms

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RSV: Prevention

- Wash your hands
- Avoid close contact
- Clean frequently touched surfaces

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Let's Share

What are some of the similarities between colds, flu and RSV?

What are some of the differences?

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Spread of Infectious Diseases

Direct contact

- Person to person
- Mother to unborn child
- Animal bites

Indirect contact

- Touch a surface, bring into body through eyes,

Insect bites

Food contamination



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Healthy behaviors minimize the spread of germs

Washing hands	Covering a cough	Washing, sanitizing or disinfecting objects
Vaccines	Refrigerator temperatures, food cooking temperatures	Staying home if you are sick



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How do you know when a child is sick?



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Emergency Referrals

Caring for our Children, Appendix P:
Situations That Require Medical Attention Right Away



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Controlling Infectious Diseases

Strategies:

1. Promoting health and well-being
2. Reducing the number of germs
3. Adjusting the FCC environment
4. Using vaccines for immunizations



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1. Promoting Health & Well-being

Stay healthy to support good Immune Health:

1. Good Nutrition
2. Physical Activity
3. Healthful practices



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2. Reducing the Number of Germs in the Environment



1. Handwashing
2. Cleaning and sanitizing surfaces
3. Practicing Standard Precautions
4. Disposing materials properly
5. Staying home when sick: Exclusion policy



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Cleaning, Sanitizing & Disinfecting

What is the difference between cleaning, sanitizing and disinfecting?



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3. Adjusting the Environment

1. Promote spacing and prevent crowding
2. Easily cleanable surfaces
3. Separate food areas from toileting and diapering areas



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3. Adjusting the Environment

4. Heating, ventilation, and air conditioning systems meet health standards
5. Ratios and group size



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Communicating with Children and Families

- Health policies and practices
- Emergency plans and contacts



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4. Physicals & Immunizations



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Resources

- [Caring for our Children Appendix P: Situations that Require Medical Attention Right Away](https://nrckids.org/files/appendix/AppendixP(2019).pdf)
[https://nrckids.org/files/appendix/AppendixP\(2019\).pdf](https://nrckids.org/files/appendix/AppendixP(2019).pdf)
- [Centers for Disease Control and Prevention: Cold Versus Flu](https://www.cdc.gov/flu/symptoms/coldflu.htm)
<https://www.cdc.gov/flu/symptoms/coldflu.htm>



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Resources

- [Disinfecting Mixture Guidance](https://ctnurses.org/resources/FCC/970-216-Disinfect-en-L.pdf)
<https://ctnurses.org/resources/FCC/970-216-Disinfect-en-L.pdf>
- [Caring for Our Children](https://nrckids.org/cfoc) Online Database of Health and Safety Standards
<https://nrckids.org/cfoc>
- Connecticut Nurses' Association Nurse Consultants for Family Child Care Providers
ctnurses@gmail.com



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We want to hear from you...



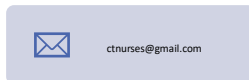
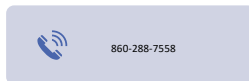
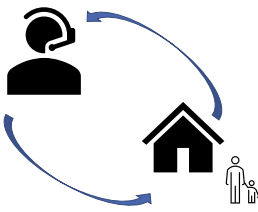
Complete the Evaluation and get your Certificate!

Evaluation link:

<https://73t0z3y36lk.typeform.com/ColdFluRSV>



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