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Quality Care For Kids

A newsletter for **Scott County Child Care Providers**

Written by Stacy Kraft, RN BSN

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Influenza "Flu" Season

Influenza is a virus that resides in the respiratory tract, most often during the fall and winter months, and spreads person-to-person. When a person sneezes or coughs, the respiratory droplets are spread through the air and other people breathe them in. It is very contagious, especially amongst children, who often do not cover their coughs and sneezes.

Everyone 6 months of age and older should get an annual flu vaccine by the end of October. Flu vaccination can reduce influenza illnesses, doctors' visits, and missed work and school/child care due to influenza, as well as prevent flu-related hospitalizations. Influenza vaccination is the first and most important step in prevention.

Also encourage children, parents, and staff to take the following actions:

- **Stay home when you are ill.** Stay home from work, school and child care when you are ill. You will help prevent others from being exposed to your illness. Avoid close contact with people who are ill.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- **Wash your hands often with soap and water**, especially after you cough or sneeze.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Clean and disinfect surfaces and objects.** Clean and disinfect frequently touched surfaces and objects.
- **Contact your healthcare provider** to get an influenza vaccine.
- **Wear a cloth face covering** - staff and children over the age of 2 years should wear a cloth face covering to help prevent the spread of COVID-19 as well as the spread of other germs.

For more information regarding influenza go to <http://www.cdc.gov/flu> and for the symptoms chart (at left) <https://www.aafa.org/media/2631/respiratory-illness-symptoms-chart-coronavirus-flu-cold-allergies.png>

Symptoms	Coronavirus (COVID-19)	Cold	Flu	Seasonal Allergies	Asthma
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can last months or longer
Cough	Common (usually dry)	Common (usually wet)	Common (usually dry)	Rare (usually dry, triggered by allergens)	Common (usually dry)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No**
Ruiny or stuffy nose	Rare	Common	Sometimes	Common	No**
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No**
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes (usually mild)	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (usually mild)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	No	No

Your symptoms may vary. Information is for guidance. If your doctor's advice is not helping your asthma symptoms, or you have trouble breathing or chest pain, call your health care provider or seek medical attention immediately. *Headaches, body aches and joint aches are common with COVID-19. **These symptoms are not associated with COVID-19. **If you have severe asthma you may have symptoms of both asthma and COVID-19. Source: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention, updated 10/20/20.

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



<https://earlychildhood.iowa.gov/>

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COVID-19 Resources

- Iowa Department of Human Services
<https://dhs.iowa.gov/COVID19>
- Iowa Department of Public Health COVID-19
<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>
- Healthy Child Care Iowa
<https://www.idph.iowa.gov/hcci/products>
- Centers For Disease Control
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>
- Child Care Resource and Referral
<https://iowaccr.org/providers/links/resources2020/>