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# Quality Care For Kids

A newsletter for Clinton/Jackson  
Child Care Providers

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



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## FLU Prevention

The Flu (or influenza) is a contagious respiratory illness caused by flu viruses. Influenza can cause mild to severe illness and even death. Symptoms of the flu include:

- Cough
- Fever
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Sometimes vomiting and diarrhea (more common in children).

The flu can spread quickly. It is spread from person to person through droplets when an infected person coughs, sneezes, and talks.

The flu can also spread when people touch something with flu virus on it and then touches their mouth, eyes or nose. **A person with the flu can infect others beginning 1 day before and up to 5-7 days after becoming sick.** So a person can spread the flu even before they know they are sick!

The Centers for Disease Control (CDC) recommends a **3-step** approach for fighting the flu :

1. Get Vaccinated! Children (6 months of age and older) and adults should get vaccinated yearly. Flu vaccination starts in October.
2. If you or your child gets the flu (or have symp-

toms) get treatment right away!

3. Follow Everyday Preventive Actions!

- When you or your child is sick, stay home.
- Wash your hands often with soap and water, remember to scrub for 20 seconds!
- Cover your cough (and sneezes).
- Avoid touching your eyes, nose and mouth. Germs spread this way!
- Clean and disinfect surfaces, toys, and objects that may be contaminated with germs.

For more information contact your health care provider & go to [www.flu.gov](http://www.flu.gov)

## National Childhood Obesity Awareness Month

One in three children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. September is National Childhood Obesity Awareness Month. The following healthy changes can help prevent childhood obesity:

1. Get Active! Children need 1-2 hours of physical activity daily.

2. No screen time for children under age 2. For older children, limit screen time to 30 minutes per week at child care and no more than 1-2 hours of quality screen time per day.
3. Eat healthy! Make half your plate fruits & vegetables. Serve water and milk at meals & only 4-6 ounces of 100% juice per day.

For more information go to:  
[www.choosemyplate.gov](http://www.choosemyplate.gov) and  
[www.letsmove.gov](http://www.letsmove.gov)

September is Fruits and Veggies-More Matters Month. Did you know that more than 90% of both adults and children do not eat the recommended amount of fruits and vegetables? For ideas and resources on how to celebrate fruits and veggies month go to: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)