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Swine Flu Guidance for Childcare Facilities

- If a student arrives at a childcare facility with influenza-like symptoms, including fever, cough, sore throat, body aches, headaches, chills and fatigue, they should be sent home and, if necessary, seek medical advice from their health care provider. Follow regular seasonal influenza recommendations for excluding ill students and staff. Children or staff should be sent home if they become ill while at school.
- **There is no recommendation for medical clearance in order to return to a childcare facility.**
- Parents should be advised to keep ill children at home and limit their contact with others to keep from infecting them.
- Medical care should be sought if symptoms become significant, i.e. difficulty breathing, dehydration. Parents should be advised to contact their medical provider to inform them that they have flu like symptoms.
- Individuals can return to school and normal activities 7-10 days after onset of flu-like symptoms.
- Individuals may have residual cough several weeks following symptoms, but are not considered contagious and can return to their childcare facility.

This is an opportunity to remind staff and students of basic preventive measures including:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Small children will need assistance with hand washing.
- Avoid touching your eyes, nose or mouth.
- Try to avoid contact with sick people.

For updated information on the swine flu in Riverside County, please visit the Department of Public Health website at <http://www.rivcoph.org/>.

For information on swine flu, visit the CDC website at <http://www.cdc.gov/swineflu>.