

Childcare Newsletter

Communicable Disease Program • 816-325-7204 • March 2011



RSV

Respiratory syncytial virus (RSV) is a very common virus that leads to mild, cold-like symptoms in adults and older healthy children. It can be more serious in young babies, especially to those in certain high-risk groups.

Causes, incidence, and risk factors

RSV is the most common germ that causes lung and airway infections in infants and young children.

Most infants have had this infection by age 2. Outbreaks of RSV infections most often begin in the fall and run into the spring.

RSV is spread easily by physical contact. Touching, kissing, and shaking hands with an infected person can spread RSV. The disease spreads from person to person through contact with contaminated tiny droplets or objects that the droplets have touched. RSV often spreads very rapidly in crowded households and day care centers. The infection can occur in people of all ages.

Risks include:

- Attending day care
- Being exposed to tobacco smoke
- Having school-aged siblings
- Living in crowded conditions

Symptoms

Symptoms vary and differ with age. Infants under age 1 are most severely affected and often have the most trouble breathing. Older children

usually have only mild, cold-like symptoms. Symptoms usually appear 4 - 6 days after coming in contact with the virus. Symptoms include:

- Bluish skin color due to a lack of oxygen
- Breathing difficulty or labored breathing
- Cough
- Croupy cough (often described as a "seal bark" cough)

Simple steps to protect your baby:

- Insist that others wash their hands with warm water and soap before touching your baby.
- Have others avoid contact with the baby if they have a cold or fever. If necessary, have them wear a mask.
- Be aware that kissing the baby can spread RSV infection.
- Try to keep young children away from your baby. RSV is very common among young children and easily spreads from child to child.
- Do not smoke inside your house, car, or anywhere near your baby. Exposure to tobacco smoke increases the risk of RSV illness.

- Fever
- Nasal flaring
- Rapid breathing
- Shortness of breath
- Stuffy nose
- Wheezing

Signs and tests

Rapid tests for this virus can be done on a fluid sample taken from the nose at many hospitals and clinics.

Calling your health care provider

Call your health care provider if breathing difficulties or other symptoms of this disorder

appear. **Any breathing difficulties in an infant are an emergency. Seek medical attention right away.**

Prevention

A simple way to help prevent RSV infection is to wash your hands often, especially before touching your baby. It is important to make certain that other people, especially caregivers, take precautions to avoid giving RSV to your baby.

Not to Late for the Flu Shot!!

Even though the flu season has arrived it's not to late to get your flu shot. On every Monday and Wednesday the Independence Health Department will be giving flu shots from 9:00 am to 4:00 pm. The cost is \$20.00 per person. If you have any questions, please call the Health Department at 816-325-7185.

Asthma Initiative

The Independence Health Department offers FREE consultations for providers and families. Consultations include triggers, medication information, equipment use, FREE equipment available to families. Please pass along the message to child care provider employee's and to families at your facility.

For more information call 816-325-7185

Childcare Classes for Providers Free Continuing Education

IMMUNIZATION AUDITS

Audits are here! Please review your immunization records prior to the visit so your audit goes as smoothly as possible. Centers with 100% compliance on initial audits will be recognized in the June newsletter.

Questions?

Call Shawanna Jackson at 325-7188

March 16, 2011

Topic: Safe Sleep

Description: Learn the latest on making cribs a safe place to sleep and decrease the chances for injury, overheating, suffocation, strangulation, and Sudden Infant Death Syndrome

CEUs: 2

April 20, 2011

Topic: Emergency Preparedness in Childcare Settings

Description: Learn how to increase your level of emergency preparedness at both your home and the childcare facility where you are employed.

CEUs: 2

May 18th, 2011

Topic: Seizure Training

Description: learn common types, first aid and when it's a medical emergency

CEUs: 2

Register call: 816-325-7198



Public Health
Prevent. Promote. Protect.

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