



Mississippi Child Care Resource & Referral Network
Box 9746
Mississippi State, MS 39762

April 29, 2009

Dear Early Care & Education Director:

As more cases of swine flu are reported, good health practices in your child care center are more important than ever. To help you protect the children in your care, your staff, and yourself from this virus, we've created this packet. It includes information on swine flu, proper sanitation, helping children handle fear, and a tip sheet we recommend you share with families and post in your center, titled "Preventing the Flu: Good Health Habits Can Help Stop Germs."

Some special information to note:

- You can't get swine flu from food, that is, handling or eating properly cooked pork products.
- Children might be contagious for longer periods than adults.
- Germs can be spread when a person touches a contaminated surface and then touches his or her eyes, nose, or mouth.
- Germs are also spread from person to person through sneezing and coughing of sick people.
- In children, emergency warning signs that require urgent medical attention are:
 - Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable he or she does not want to be held
 - Flu-like symptoms improve but then return with fever and worse cough
 - Fever with a rash

As with the seasonal flu, sick people should limit their contact with others, so remind families and staff to stay home if they are sick. The most important way to fight the flu is good health habits: frequent hand-washing, getting plenty of sleep, physical activity, drinking plenty of fluids, eating healthy foods, and managing stress.

We will also post information on our Web site: <http://www.childcaremississippi.org>. If we can be of further assistance to you, please do not hesitate to contact us.

Best regards,

Dr. Louise E. Davis

Louise E. Davis, Ph.D.
Project Director

Encl: MSU-ES Publication 2553; "Swine Influenza A (H1N1) Information for Child Care Providers," Tip sheets: Sinks & Sanitation, Hand-washing, Diapering, Table Washing, "Preventing the Flu," and "Talking with Children When the Talking Gets Tough"