

CDC releases 2009-2010 flu response guidelines

As early education programs move into the new school season, you no doubt have continued concerns regarding the H1N1 virus and how to keep children in your care healthy.

The Centers for Disease Control and Prevention (CDC) continues to be a leading resource for H1N1-related information. On September 4, 2009, the organization released *CDC Guidance on Helping Child Care & Early Childhood Programs Respond to Influenza during the 2009–2010 Influenza Season*. The recommendations are designed to help decrease the spread of flu among children and providers in early childhood programs.

The CDC document encourages early childhood programs to:

- Examine and revise, as necessary, their current crisis or pandemic plans and procedures
- Develop contingency plans to cover key positions when staff are absent from work
- Update contact information for families and staff
- Share their plans with families, staff, and the community

Early childhood providers should frequently remind children, their families, and staff about the importance of staying home when ill, early treatment for people at higher risk for flu complications, hand hygiene, and respiratory etiquette.

To read the full document, visit <http://www.cdc.gov/h1n1flu/childcare/guidance.htm>.

According to [Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs](#) by American Academy of Pediatrics (AAP), a daily health check is an instrumental way to gather information on a child's health condition when they report to your program. AAP standards state that a daily health check needs to address:

- Changes in behavior (such as lethargy or drowsiness) or appearance from behaviors observed during the previous day's attendance
- Skin rashes, itchy skin, itchy scalp, or (during a lice outbreak) nits
- If there is a change in the child's behavior or appearance, elevated body temperature, determined by taking the child's temperature
- Complaints of pain or of not feeling well
- Other signs or symptoms of illness (such as drainage from eyes, vomiting, diarrhea, and so on)
- Reported illness or injury in child or family members since last date of attendance

To read more about AAP's daily health check standards, visit the National Resource Center for Health and Safety in Child Care and Early Education (NRC) web site at <http://nrckids.org/CFOC/index.html>, select your preferred format for viewing, and go to section 3.1, Health Promotion in Child Care.