

## Novel Influenza A (H1N1) Recommendations for Child Care Businesses\*

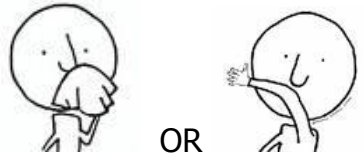
### For conditions of similar severity to Spring, 2009

(PLEASE FOLLOW THESE RECOMMENDATIONS NOW)

**Stay home when sick:** Symptoms of the flu typically include fever (100 degrees Fahrenheit or above orally), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea. Children and staff with a flu-like illness should stay home for 24 hours after they no longer have a fever (without having to use fever-reducing medicines). Note: Aspirin should NEVER be given to children under age 19. Cough and cold medicines should not be given to children under age 6 without physician guidance.

**Separate ill children and staff:** Children and staff who have influenza-like illness should immediately be sent home. Separate sick children (ie. in a separate room) from well children while the children are waiting to go home. The U.S. Centers for Disease Control and Prevention recommends that ill older children, if possible, wear a surgical mask while waiting to go home. Staff caring for the sick child should also wear a surgical mask to prevent exposure.

**Hand hygiene and respiratory etiquette:** Iowa recommendations focus on the importance of the basic influenza prevention practices of staying home when sick; frequent hand washing with soap and water; and covering the nose and mouth with a tissue when coughing/sneezing or cough/sneeze into the shirt sleeve or elbow when no tissue is available.



**Cleaning and Disinfecting** Child care staff should increase frequency of routine cleaning. Clean with regular soap or detergent and water as the first step. Cleaning removes dirt and body fluids. An item must be clean before it can be disinfected. Read and follow ALL instructions on the cleaning product label and use all required personal protective equipment. Disinfecting items is the second step. Disinfecting items will kill the germs. Use regular household bleach and water solution to disinfect. Measure the amount of bleach and water using the information below.

To Disinfect Toys and Other Surfaces	
Water	Regular Bleach 5.25%
1 Gallon (16 cups)	1/4 Cup
1 Quart (4 cups)	1 Tablespoon

**Early Treatment of High-Risk Children and Staff** People at high-risk for influenza complications who become sick should contact their health care provider as soon as possible. Early treatment with antiviral medicine is important to prevent hospitalization and death. People at high-risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases (like cerebral palsy, muscular dystrophy, etc).

**Consideration of Selective Child Care Business Closure** If multiple children become ill at child care businesses where all or most children are at high risk, temporary closure may be considered. Please consult with your local public health department, DHS, and Regional Child Care Nurse Consultant prior to closing your program.

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### **Additional Recommendations to Consider During Times of Increased Severity**

(THESE RECOMMENDATIONS SHOULD ONLY BE FOLLOWED IF THE SEVERITY INCREASES. IF SEVERITY INCREASES, IDPH AND DHS WILL ISSUE ADDITIONAL COMMUNICATION AND WILL POST A NOTICE ON THE IDPH WEBSITE AT: [www.idph.state.ia.us/h1n1/default.asp](http://www.idph.state.ia.us/h1n1/default.asp) )

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**Active Screening** Staff in child care businesses should watch for signs of influenza when children arrive at child care (before the parents leave). If children have signs/symptoms of influenza, the child should be sent home with the parent. Staff members should be checked for signs/symptoms of influenza upon their arrival at work and sent home if ill. Throughout the day, staff should be alert to identify children and staff who become ill. Children and staff who become ill should be separated from well children and sent home as soon as possible.

**High-Risk Children and Staff Should Stay Home** People at high-risk of influenza complications should talk with their health care provider about reducing their risk of being exposed to influenza. This may include staying home from child care or work when influenza is spreading throughout a community. Child care businesses should plan now for ways to maintain the required child to staff ratios at all times.

**Children with Sick Household Members Stay Home** Children who have a sick person at home should stay home for five days from the day the first person got sick. This is the time period children are most likely to get sick themselves, and ensures that the child will not become ill at child care.

**Extend the Period for Sick People to Stay Home:** If Iowa has lots of people with severe illness, people with influenza symptoms should stay home for at least seven days after their illness begins, even if they are feeling better before the seventh day. If people are still having symptoms after seven days, they should continue to stay home until 24 hours after their fever goes away.

**Child Care Closings:** Child care, public health officials and Iowa Department of Human Service officials should work closely together to balance the risks of illness spread and to decide if a child care business should close due to severe illness. The length of time child care businesses may close will vary depending on the situation, the severity and the extent of illness. Child care businesses may be asked to close for five to seven calendar days and will be given advice on when to reopen. Child care businesses should consult with local public health officials, the Iowa Department of Human Services and their Regional Child Care Nurse Consultant before closing due to illness and before reopening.

For more information on influenza visit the  
Iowa Department of Public Health website at: [www.idph.state.ia.us](http://www.idph.state.ia.us)

\*Adapted from Centers for Disease Control and Prevention (CDC): Technical Report for State and Local Public Health Officials and School Administrators on CDC Guidance for School (K-12) Responses to Influenza during the 2009-2010 School Year. IDPH anticipates receiving additional guidance from CDC in coming weeks, these recommendations will likely be updated when the CDC information becomes available. Updates will be posted to the IDPH Web site at: <http://www.idph.state.ia.us/h1n1/default.asp>

**8/26/09**