

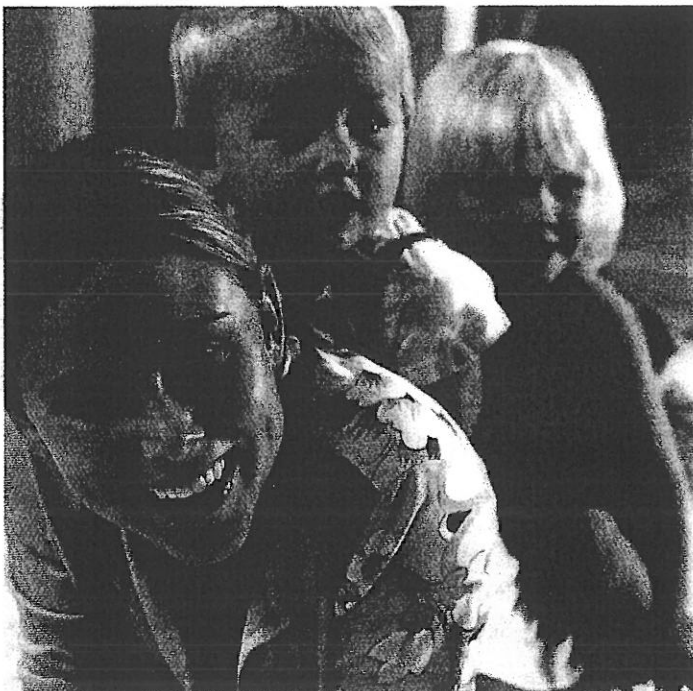
# Common Childhood Illness Chart



Influenza (flu)	Virus	Fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting and diarrhea can occur	<p><b>IF KIDS AT YOUR HOME SHOW SYMPTOMS OF ILLNESS:</b></p> <ul style="list-style-type: none"> <li>• Separate them from the group.</li> <li>• Ask parents to pick them up immediately.</li> <li>• Thoroughly clean and disinfect all surfaces with products approved to kill bacteria and viruses (check product labels for effectiveness with specific organisms).</li> <li>• Disinfect linens (like hand towels or aprons) with bleach.</li> <li>• Have parents get doctor's clearance before welcoming them back.</li> </ul>
RSV (respiratory illness)	Virus	Fever (usually high), severe cough, wheezing, abnormal breathing, bluish color on lips or fingernails	
Common Cold	Virus (rhinovirus)	Mucus buildup in nose (runny nose), difficulty breathing through nose, mild sore throat, headache, cough, malaise (children may run a fever — adults usually not)	
Strep	Bacteria	Red and painful sore throat and white patches on the tonsils, swollen lymph nodes, fever and headache (nausea, vomiting and abdominal pain can occur)	
E. coli (gastroenteritis)	Bacteria	Watery diarrhea, severe abdominal cramps, low-grade fever, nausea and malaise	

It's best to deep clean before children arrive or after hours. Always read and follow precautions and usage directions before using cleaning products, and store out of the reach of children.

Source: 2006 Clorox CDC Illness Guide, [www.kidshealth.org](http://www.kidshealth.org)



## Here to Help

Children are two to three times more likely to develop the flu than adults. That's why we're partnering with the Visiting Nurse Association and Families Fighting Flu to bring you Say "Boo!" to the Flu — a unique educational program for teachers, parents and kids, to help increase awareness about flu prevention. **As part of this program, local communities around the country will be holding Say "Boo!" to the Flu events in October, featuring:**

- Flu vaccinations for children and their families.
- Helpful tips to teach kids how to scare away germs.
- Information for parents about protecting their families this cold & flu season.

For more information, visit these Web sites:

- Say "Boo!" to the Flu: [www.sayboototheflu.com](http://www.sayboototheflu.com)
- Visiting Nurse Association of Kansas City: [www.vnac.com](http://www.vnac.com)
- Families Fighting Flu: [www.familiesfightingflu.org](http://www.familiesfightingflu.org)

# Say "Boo!" to the Flu

October is the start of cold and flu season. Start fighting the flu virus now with these helpful tips.

## 1 Spread the Word — Vaccinate.

Getting a flu vaccination is the best way for teachers, parents and children to protect themselves.

## 2 Sing & Scrub.

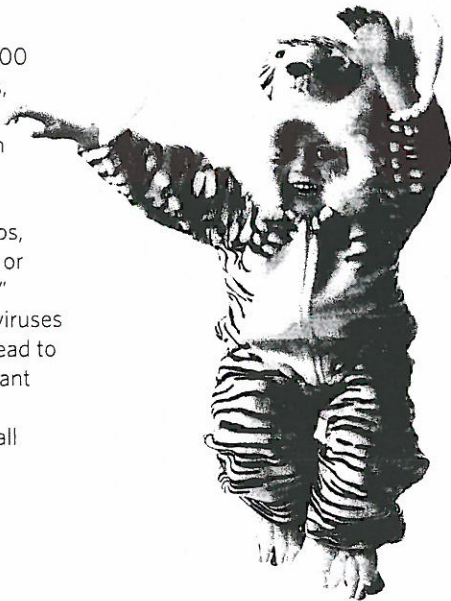
Make sure kids wash their hands the right way. They should wash frequently with warm water and soap for at least 20 seconds (the time it takes to sing the "Happy Birthday" song twice).

## 3 Do the Elbow Cough.

Teach kids to cough into elbows, not hands where they're more likely to spread bacteria and viruses through touch.

## 4 Disinfect HOT SPOTS.

Kids can touch up to 300 surfaces in 30 minutes, so be sure to disinfect the surfaces kids touch most frequently — considered germ "hot spots" — like doorknobs, light switches, faucets or toys. These "hot spots" are where germs and viruses live and can easily spread to others. Use a disinfectant approved to kill cold and flu viruses — not all cleaners are!



Make sure kids wash hands with warm water and soap for at least 20 seconds to stop germs from spreading.

## > News Flash

Let parents know: the Centers for Disease Control and Prevention has changed its flu vaccination recommendations.

Flu vaccinations are now recommended **for kids 6 months to 5 years old and their child-care providers.**

The best months to get vaccinated are **October and November**, before flu season peaks.

To learn more, log on to the CDC Web site at [www.cdc.gov/flu](http://www.cdc.gov/flu)

## > Classroom Hotspots

Germs hide everywhere but their concentration is especially high on these classroom surfaces: toys, paper towel dispensers, water fountain toggles, keyboard and mouse, doorknobs, faucet handles and desks. Be sure to disinfect daily.



toys



paper towel dispenser



water fountain toggle



keyboard and mouse



doorknobs



faucet handles



desks



Cleaner World. Healthier Lives.™