

CONNECTICUT  
**NURSES**  
ASSOCIATION

**Colds, Flu  
and RSV...**

**What Can  
FCC  
Providers  
Do?**

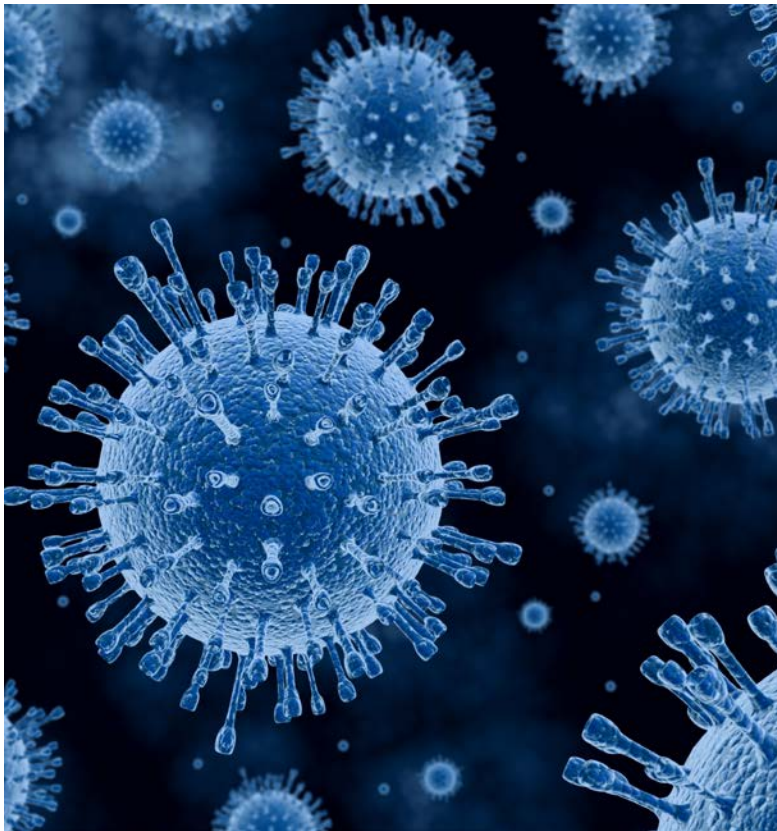
*December 2022*

# Learning Outcomes

**At the end of this presentation family child care (FCC) providers will be able to:**

- Share two similarities between colds, flu, and RSV
- Share two differences between colds, flu, and RSV
- Share two actions to prevent and manage the spread of viruses

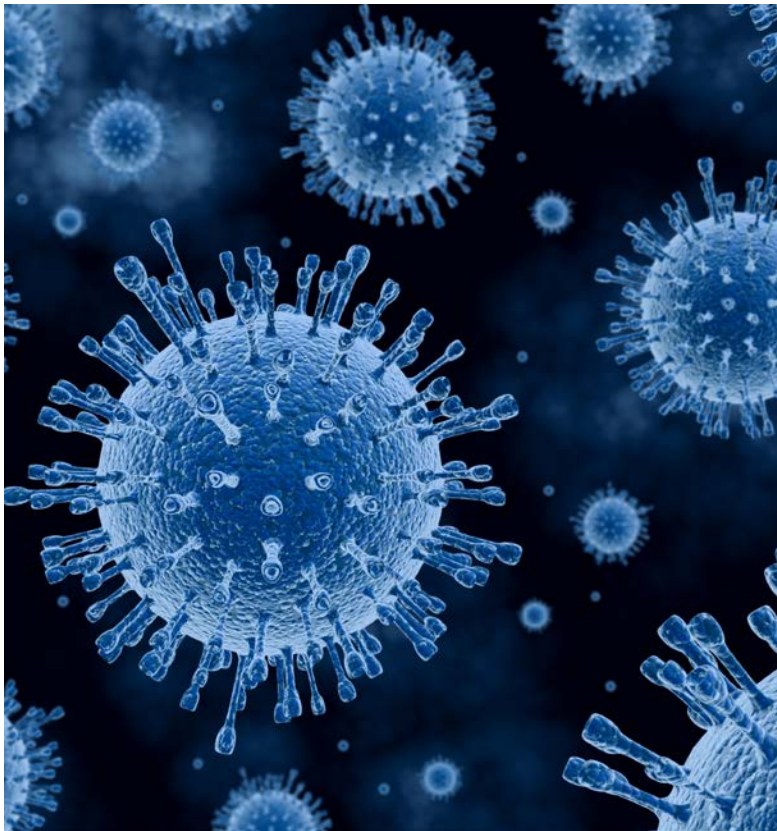
# Infectious Diseases



**What is an infectious disease?**

Germs get into the body and cause illness

# Infectious Diseases



Germs can be:

- Bacteria
- Fungi
- Parasites
- **Viruses**

# Infectious Diseases

What are common  
infectious diseases you  
see in your family child  
care (FCC)?



# Colds, Flu, and RSV

# What is the difference between a cold and flu?

## Cold

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Respiratory illness

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Contagious

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Caused by different viruses

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Milder than flu

## Influenza (Flu)

- Respiratory illness
- Contagious
- Caused by influenza viruses only
- Worse than the common cold

# Spread of Colds and Flu

## Direct contact

- Person to person

## Indirect contact

- Touch a surface, bring into body through eyes, nose and mouth



# IS IT A COLD OR FLU?

<b>SIGNS AND SYMPTOMS</b>	<b>COLD</b>	<b>FLU</b>
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

# What can FCC providers do?

Take preventive actions:

- Hand washing with soap and water
- Avoid touching eyes, nose and mouth
- Clean and disinfect surfaces and objects
- Cover coughs and sneezes
- Avoid close contact with people who are sick

## Respiratory syncytial virus (RSV):

- Common respiratory virus
- Causes mild, cold-like symptoms
- RSV can be serious, especially for infants and older adults
- RSV is the most common cause of bronchiolitis and pneumonia:
  - In children younger than 1 year of age

## RSV: How does it spread?

RSV can spread when:

- An infected person coughs or sneezes
- You get virus droplets from a cough or sneeze in your eyes, nose, or mouth
- You have direct contact with the virus
- You touch a surface that has the virus on it

# RSV: Symptoms

- People infected with RSV usually show symptoms within 4 to 6 days after getting infected. Symptoms usually include
  - Runny nose
  - Decrease in appetite
  - Coughing
  - Sneezing
  - Fever
  - Wheezing
- In very young infants, symptoms include:
  - irritability,
  - decreased activity, and
  - breathing difficulties.
- Almost all children will have had an RSV infection by their second birthday.

# RSV: Management

- NO specific treatment for RSV
- Manage fever and pain
- Provide enough fluids
- Medication

## RSV: What can FCC Providers do?

- Practice good hand washing
- Avoid close contact
- Clean frequently touched surfaces
- Provide enough fluids
- Provide medication with completed Authorization for Administration of Medication Forms

# Let's Share

What are some of the similarities between colds, flu and RSV?

What are some of the differences?



# Healthy behaviors minimize the spread of germs

Washing hands

Covering a cough and sneeze

Cleaning, sanitizing or disinfecting

Immunizations

Physicals

Staying home if you are sick

# How do you know when a child is sick?



# Emergency Referrals

Caring for our Children, Appendix P:  
***Situations That Require Medical  
Attention Right Away***

# Controlling Infectious Diseases

Strategies:

1. Promoting health and well-being
2. Reducing the number of germs
3. Adjusting the FCC environment
4. Using vaccines for immunizations

# 1. Promoting Health & Well-being

Stay healthy to support good Immune Health:

1. Good Nutrition
2. Physical Activity
3. Healthful practices

## 2. Reducing the Number of Germs in the Environment



1. Handwashing
2. Cleaning and sanitizing surfaces
3. Practicing Standard Precautions
4. Disposing materials properly
5. Staying home when sick: Exclusion policy

# Cleaning, Sanitizing & Disinfecting

What is the difference between cleaning, sanitizing and disinfecting?



# 3. Adjusting the Environment

1. Promote spacing and prevent crowding
2. Easily cleanable surfaces
3. Separate food areas from toileting and diapering areas



# 3. Adjusting the Environment

4. Heating, ventilation, and air conditioning systems meet health standards
5. Ratios and group size

# Communicating with Children and Families

- Health policies and practices:
  - Exclusion policy
  - Sick policy
  - Physicals and immunization  
(Example: Flu shots)
- Emergency plans and contacts

# 4. Physicals & Immunizations: **OEC Requirements**



# References

- [Caring for our Children](https://nrckids.org/CFOC)  
(<https://nrckids.org/CFOC>)
- [State Department of Public Health](https://portal.ct.gov/DPH)  
(<https://portal.ct.gov/DPH>)
- [Connecticut Office of Early Childhood](https://www.ctoec.org/wp-content/uploads/2019/03/centers_statsregs.pdf)  
(Statutes and Regulations  
[https://www.ctoec.org/wp-content/uploads/2019/03/centers\\_statsregs.pdf](https://www.ctoec.org/wp-content/uploads/2019/03/centers_statsregs.pdf))

# Posters

- Fight Flu – Don't Let it Stop You: Share why you and your family get a flu vaccine(English and Spanish)  
<https://www.cdc.gov/flu/resource-center/shareable-resources.htm>
- Hand Washing Posters(English and Spanish)  
<https://www.cdc.gov/handwashing/posters.html>

# Resources

## CTNurses.org – FCC Web page

- Daily Health Check Poster  
<https://ctnurses.org/resources/FCC/MorningHealthCheck-POST-Jun2018.pdf>
- Disinfecting Worksheet  
[https://ctnurses.org/resources/FCC/disinfectingworksheet\\_EN\\_1.pdf](https://ctnurses.org/resources/FCC/disinfectingworksheet_EN_1.pdf)
- Disinfecting Mixture Guidance  
<https://ctnurses.org/resources/FCC/970-216-Disinfect-en-L.pdf>
- Caring for Our Children Online Database of Health and Safety Standards <https://nrckids.org/cfoc>

