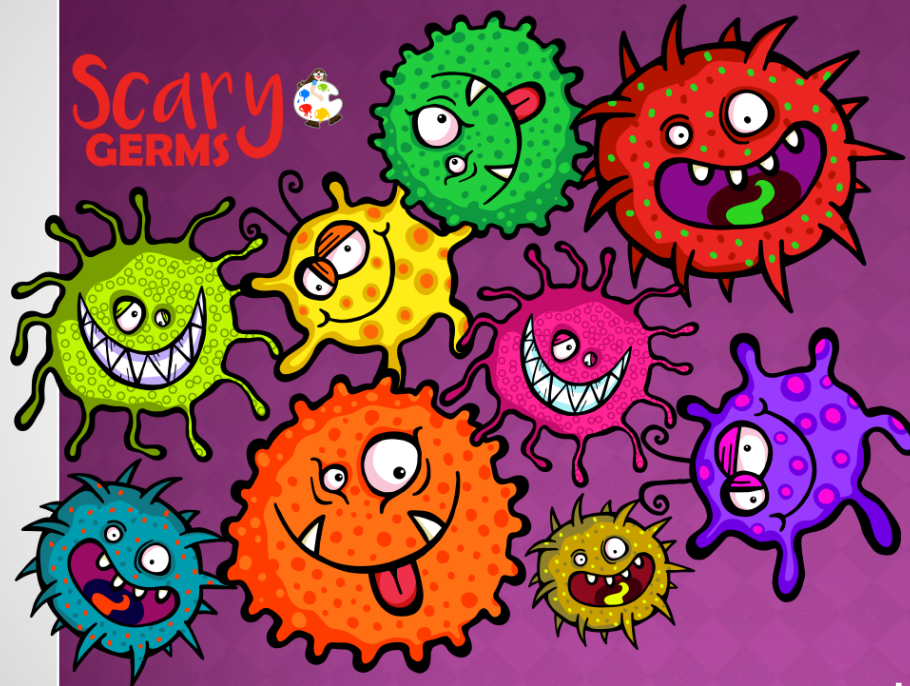


GERM PREVENTION IN WILLIAMSBURG Y HEAD START



Hosted By
Jennifer Mendez, LPN

WHAT ARE GERMS?

*Germ*s are tiny microscopic living things that are capable of causing diseases.

Types of germs:

- ◉ **Bacteria:** Responsible for strep throat, Ear/ Throat Infections/ Cavities, and Urinary Tract Infections. Bacteria can be treated with antibiotics.
- ◉ **Viruses:** Responsible for colds, Flu, Scarlet fever, and Small Pox. Viruses usually resolve on their own, or will need an antiviral medication.
- ◉ **Fungi:** Responsible for yeast infections, Diaper rashes, and Athletes foot. Fungi is usually resolved with an antifungal in a topical form.
- ◉ **Protozoa:** Responsible for stomach issues such as stomach flu, intestinal infections, usually caused by water and food contaminations. These conditions depending on how severe and the type can resolve on their own, or can require antibiotics.

YOUR CHILD, HEAD START AND GERMS.

- ◉ Children in the Head Start play together, read together, and share some things. We need to remember that your children are exposed to others while at school and it may seem like they are getting sick more often.
- ◉ Head Start suggests that if your child has a fever, diarrhea, rash, or is not feeling well should stay home, and visit a doctor. In some cases we will require a note of clearance from your physician.
- ◉ Throughout the day children wash their hands, and are reminded to cover their sneezes and coughs.
- ◉ Head Start house keeping staff works very hard every evening cleaning and disinfecting the entire school. The school has also invested in a sanitizing closet that sanitizes toys and other used objects throughout the day. Each classroom is equipped with a Ultraviolet sanitizing wand for a quick sanitizing of small objects.

COMMON CHILD ILLNESSES



- ◉ RSV (Respiratory Syncytial Virus) also known as an Upper Respiratory Infection
- ◉ Cold/FLU
- ◉ Hand, Foot, and Mouth Disease
- ◉ Scarlet Fever
- ◉ Conjunctivitis
- ◉ Fifth Disease

RESPIRATORY SYNCYTIAL VIRUS

- ◉ RSV is very contagious and is one of the most common illnesses a child can get. It is contracted by close contact with someone or something that is carrying the virus. If not treated properly, RSV can lead to Bronchitis, Pneumonia, and sometimes Asthma

Symptoms:

- ❖ Runny nose/ Stuffy nose
- ❖ Cough
- ❖ Slight low-grade fever (Usually between 99° -101°)
- ❖ Wheeze
- ❖ Sneezing



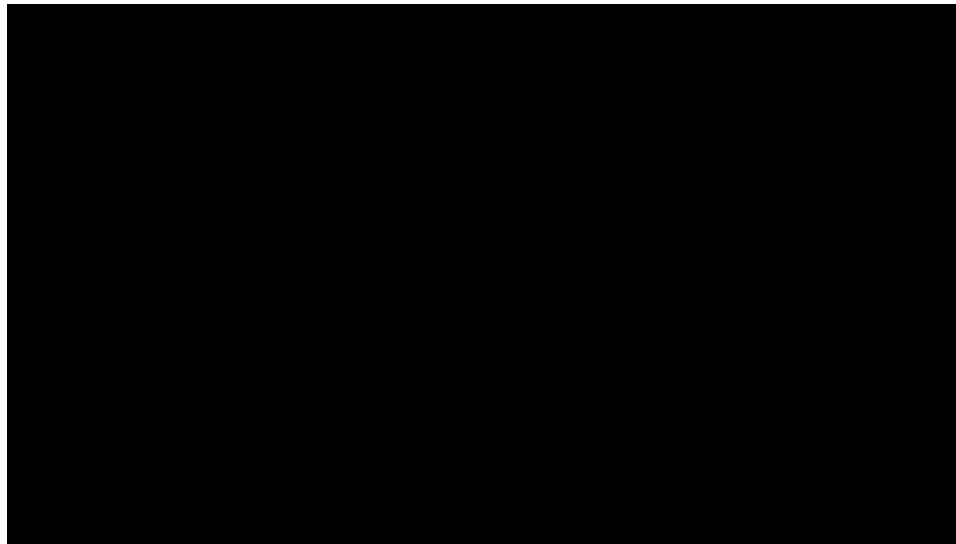
Treatment:

Since RSV is a virus, only symptoms are treated. However, antibiotics are prescribed for complications such as bronchitis or pneumonia.

Contagious Period:

The illness lasts about 1-2 weeks, with the most contagious time usually within the first 8 days when the cough is most active, and there are more nasal secretions and sneezing.

COLD -VS- FLU



COLD -VS- FLU CONT.



Treatment

There are no medication for a cold. Only symptoms can be treated. Tylenol for pain and/or fever, drink plenty of fluids, and rest.

There are antiviral drugs for the Flu however they are only effective when the symptoms start. The medication does not cure the Flu but it does lessen the duration and the discomfort.

Contagious Period

The onset of runny nose and cough, and until the fever is gone.

HAND, FOOT AND MOUTH DISEASE

This is a mild illness caused by a virus called enterovirus. It is spread by direct contact with saliva, nasal secretions, fecal matter, and drainage from the blisters that form.

Symptoms:

- ◉ Fever
- ◉ Sneezing
- ◉ Mouth Sores
- ◉ Skin Rashes
- ◉ Blisters on hand, feet, mouth, and sometime buttocks.

Treatment:

No antibiotics are given because it is a viral infection. Just like most viruses, only symptoms are treated. Tylenol is used for fever, analgesic (numbing) mouth wash for mouth sores, and numbing creams for the pain of the blisters.

Contagious Period:

Most contagious when the blisters are present, and while the fever is active. Illness can still be present up to 30 days after the blisters and fever have gone and can be found in the feces. It is recommended that your child be cleared by your health care provider before returning to school, or having play dates with friends.



SCARLET FEVER

This illness is caused by the bacteria streptococcus, also known as Strep. Scarlet fever gets its name from the bright red rash in the entire body when the child gets a fever. The rash usually begins on the face and neck.

Symptoms:

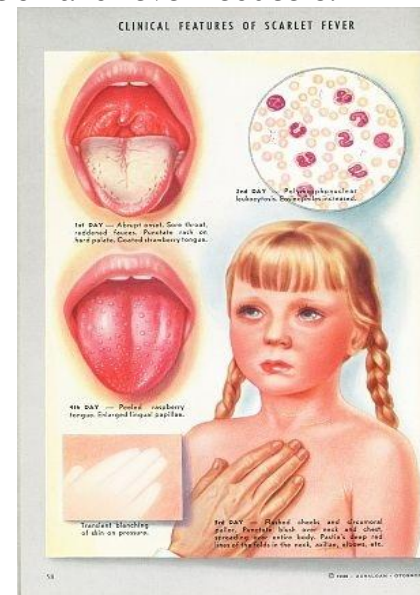
- Red rash on body that turns white when touched.
- Severe sore throat
- Fever of over 100°
- Yellow or White coating on the tongue
- White film over the tonsils

Treatment:

Antibiotics are usually prescribed by the physician, as well as pain medication and fever reducers.

Contagious Period:

When the fever begins, and at least 48 hours after starting antibiotics.



CONJUNCTIVITIS (PINK EYE)

This is an irritation of the eye and the lining of the eye. Pink eyes is caused by many things, from a germ to an allergen. Only when it's caused by a virus or bacteria is it contagious.

Symptoms:

- ◉ Itchy/ Burning eye
- ◉ Redness
- ◉ Tearing
- ◉ Crusting or Discharge on the eyelids and lashes

Treatment:

A physician can prescribe a medication either as an ointment or a drop. Cold compresses can relieve eye swelling and pain if the eyes are very irritated.

Contagious Period:

As long as the eye is draining it is contagious. Drainage can last up to 2 days after starting antibiotics.



FIFTH DISEASE (SLAPPED CHEEK DISEASE)

This is a very contagious viral illness that causes fever and a red cheek appearance on the face. The rash can spread to other parts of the body. This virus is most common on the winter and early spring.

Symptoms:

- ◉ Fever
- ◉ Headache
- ◉ Stuffy/ Runny nose
- ◉ Joint pain
- ◉ Rash that can sometimes be itchy

(unlike scarlet fever, this rash does not turn white when pressed)

Treatment:

This condition is not treated with antibiotics, but requires a lot of rest and fluids. The rash is treated with an anti-itch cream and medication to lower the fever is usually prescribed.

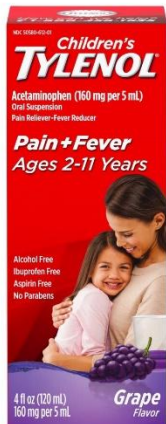
Contagious Period:

Fifth disease is most contagious before the rash and usually before we even know the child has the virus. This is why its so easily spread and very contagious.



MEDICATIONS

- Not all Tylenol and Motrin are created the same.



Temporarily relieves:



Headache



Minor Aches
& Pains



Toothache



Fever

Use product only as directed.



Drug Facts

Active ingredient
(in each 5 mL)

Purpose

Acetaminophen 160 mg Pain reliever/fever reducer

Uses temporarily:

- reduces fever
- relieves minor aches and pains due to:
 - the common cold
 - flu
 - headache
 - sore throat
 - toothache



Temporarily relieves cold and
flu symptoms including:



Cough



Fever



Sneezing &
Runny Nose



Sore Throat

Use product only as directed.



Drug Facts

Active ingredients (in each 5 mL)

Purposes

Acetaminophen 160 mg Pain reliever/fever reducer

Chlorpheniramine maleate 1 mg Antihistamine

Dextromethorphan HBr 5 mg Cough suppressant

HOW TO STAY HEALTHY!



HAND SANITIZER

Use of hand sanitizer is handy when you're on the go, But soap and water is better!

