



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET READY. STAY READY

## Emergency Tip of the Month



Here are 5 tips from the Center for Disease Control on how to decrease the spread of the flu virus in your child care program.

- 1) Remember to do your daily health check.
- 2) The CDC recommends that **everyone 6 months and older should get a flu vaccine every year!** Getting your flu vaccine is one of the most important things you can do to protect yourself and your families.
- 3) Encourage staff to stay home when they are sick and parents to keep sick children at home.
- 4) Children and staff should wash their hands with soap and water frequently throughout the day.
- 5) Teach children to cough and sneeze into their elbow.

Contact 211 San Diego for information on where to get your annual flu vaccine by dialing 211 on your telephone keypad or visiting [www.211sandiego.com](http://www.211sandiego.com).

FOR OTHER HEALTH RELATED QUESTIONS ABOUT YOUR CHILD CARE PROGRAM,  
CALL THE YMCA CHILDCARE RESOURCE SERVICE AT 1-800-481-2151.