



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY. STAY READY

Emergency Tip of the Month

Three children in San Diego are being treated for a rare respiratory infection called Enterovirus D68. Mild symptoms include fever, runny nose, sneezing, coughing and body aches while more severe symptoms include wheezing and difficulty breathing.

According to the Centers for Disease Control and Prevention, EV-D68 is spread from person to person through coughs, sneezes or touching a contaminated surface.

With Flu and Enterovirus- D68 on the rise this fall, here are some tips to preventing the spread of germs.

1. Wash hands often with soap and water for 20 seconds, especially after changing diapers.
2. Avoid touching eyes, nose and mouth with unwashed hands.
3. Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
4. Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.

In addition, it is important for child care providers to do your daily health check, encourage staff to stay home if sick and encourage parents to keep sick children at home.

PLEASE PRINT OUT THESE TIPS AND SHARE WITH PARENTS AND STAFF.

FOR MORE INFORMATION ON KEEPING YOUR CHILD CARE PROGRAM SAFE, CONTACT YMCA CHILDCARE RESOURCE SERVICE AT 1-800-481-2151.

Keep Your Child from Getting and Spreading ENTEROVIRUS D68

- Avoid close contact with sick people
- Cover your coughs & sneezes
- Clean & disinfect surfaces
- Stay home when you're sick
- Wash your hands often with soap & water
- Avoid touching your face with unwashed hands

www.cdc.gov/non-polio-enterovirus/EV68/