Welcome to the Maintaining Physical Health During Flu Season and a Pandemic webinar.

- All attendees will be muted throughout the broadcast to ensure great audio quality and minimize background noise. We also ask that all attendees refrain from using the webcam function during the broadcast.

- Questions will be answered throughout the session - please type your questions in the “Questions” box on the right-hand side of your screen.

EARLY LEARNING INDIANA

IN PARTNERSHIP WITH INAAP AND FSSA

Maintaining Physical Health During Flu Season and a Pandemic

Oct. 13, 2020

INAAP

INDIANA CHAPTER
AMERICAN ACADEMY OF PEDIATRICS

Office of Early Childhood &
Out-of-School Learning

EARLY
LEARNING
INDIANA

Upcoming Webinar

Recognizing and Responding to Heightened Stress Levels

Tuesday, Oct. 27, 2020 from 2-3 p.m. ET

Register Here: https://attendee.gotowebinar.com/register/5675288006262328075

As an early learning provider, you often deal with stress – stress of your own, your staff, and the families you serve. In this webinar, learn tips and practical strategies for addressing the mental health needs of children, parents and employees; how to approach stress in the classroom and support families at home; and learn how a pediatrician partner can help support your program in attaining better mental health.

Guest Speakers

Dr. Emily Sherer

HealthNet
INAAP Early Childhood Champion

Dr. Sarah Bosslet

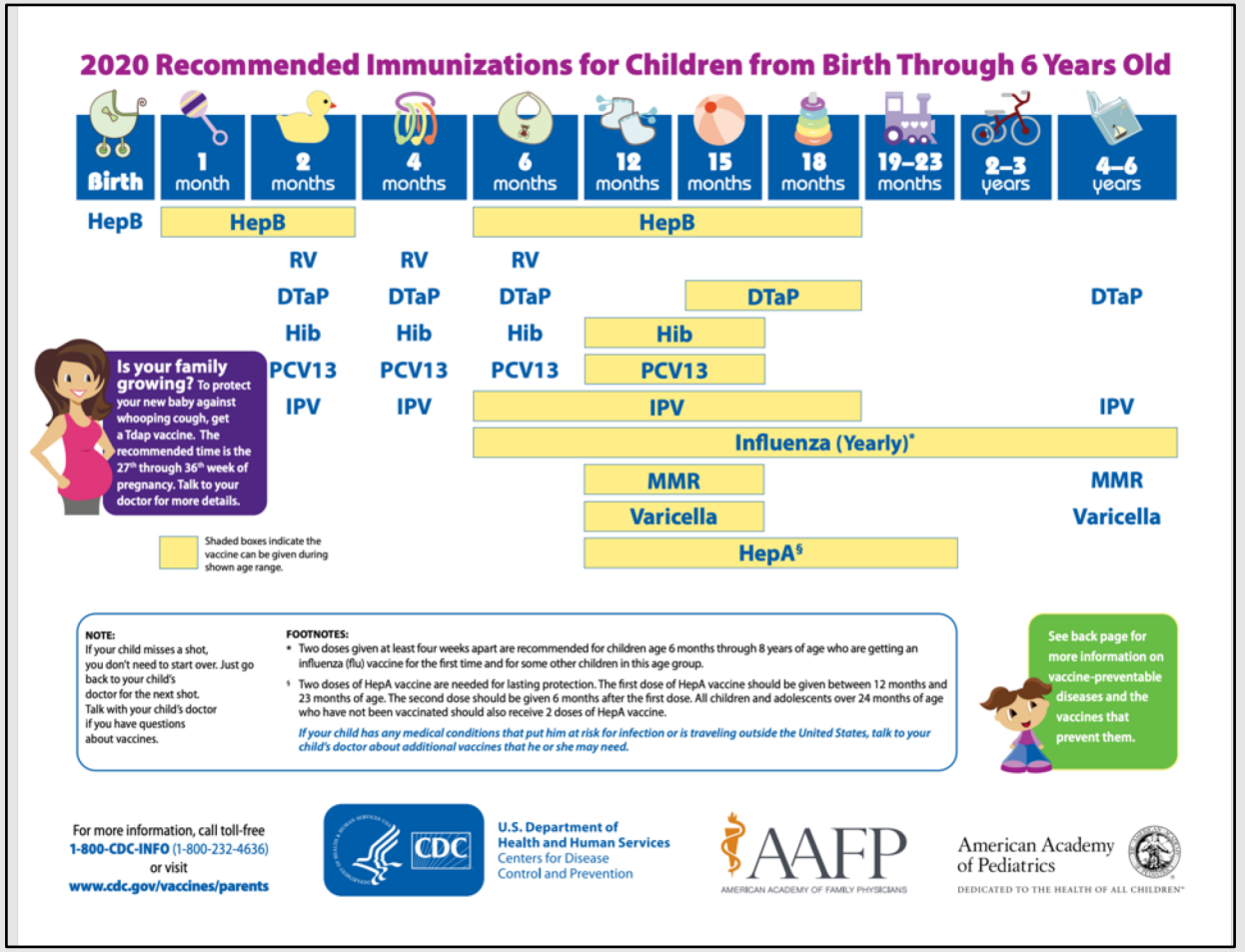
Director of Primary Care
Riley Children's Hospital


SPIDER-MAN

Practical Information - COVID19 or Coronavirus

- The virus is not a living organism, but a protein molecule (RNA) covered by a protective layer of lipids (fats).
- If absorbed by the cells of the eyes, nose or mouth, it converts them into attacker cells and multiplies.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That's why any soap or detergent is the best remedy. Foam breaks down the fat (or grease) layer, which is why it’s recommended to rub for 20 seconds.
- Heat melts the fat. Use warm or hot water to wash your hands; hot water to wash clothes and everything else.
- Alcohol or any mixture with alcohol greater than 65% dissolves any fat, especially the external lipid layer of the virus.
- Any mixture with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.
- No antibiotics. The virus is not a living organism like bacteria; we cannot kill it with antibiotics.
- Never shake used clothing, sheets or clothing. If you shake or use a duster on a contaminated surface, the virus floats in the air for up to three hours and can settle in your nose.
- The virus cannot go through healthy skin, but if you are washing your hands a lot then you can develop cracked, dry areas or mini cuts. Treat hands with a moisturizer. Also keep your nails short so the virus doesn't hide there.

Immunization Resources from CDC



2020 Recommended Immunizations for Children from Birth Through 6 Years Old

Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
HepB	HepB			HepB						
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib	Hib					
		PCV13	PCV13	PCV13	PCV13					
		IPV	IPV		IPV					IPV
					Influenza (Yearly)*					
					MMR					MMR
					Varicella					Varicella
					HepA§					

Is your family growing? To protect your new baby against whooping cough, get a Tdap vaccine. The recommended time is the 27th through 36th week of pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE:
If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:
* Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
§ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

See back page for more information on vaccine-preventable diseases and the vaccines that prevent them.

For more information, call toll-free
1-800-CDC-INFO (1-800-232-4636)
or visit
www.cdc.gov/vaccines/parents

CDC
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

AAFP
AMERICAN ACADEMY OF FAMILY PHYSICIANS

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

https://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf

Find adult, publicly funded immunization providers at

https://www.in.gov/isdh/26540.htm

Find Medicaid-eligible, uninsured or underinsured children's vaccine providers at

https://www.in.gov/isdh/26482.htm

Indiana Immunization Coalition

https://vaccinateindiana.org/

Includes information about why to vaccinate, vaccine schedules and resources

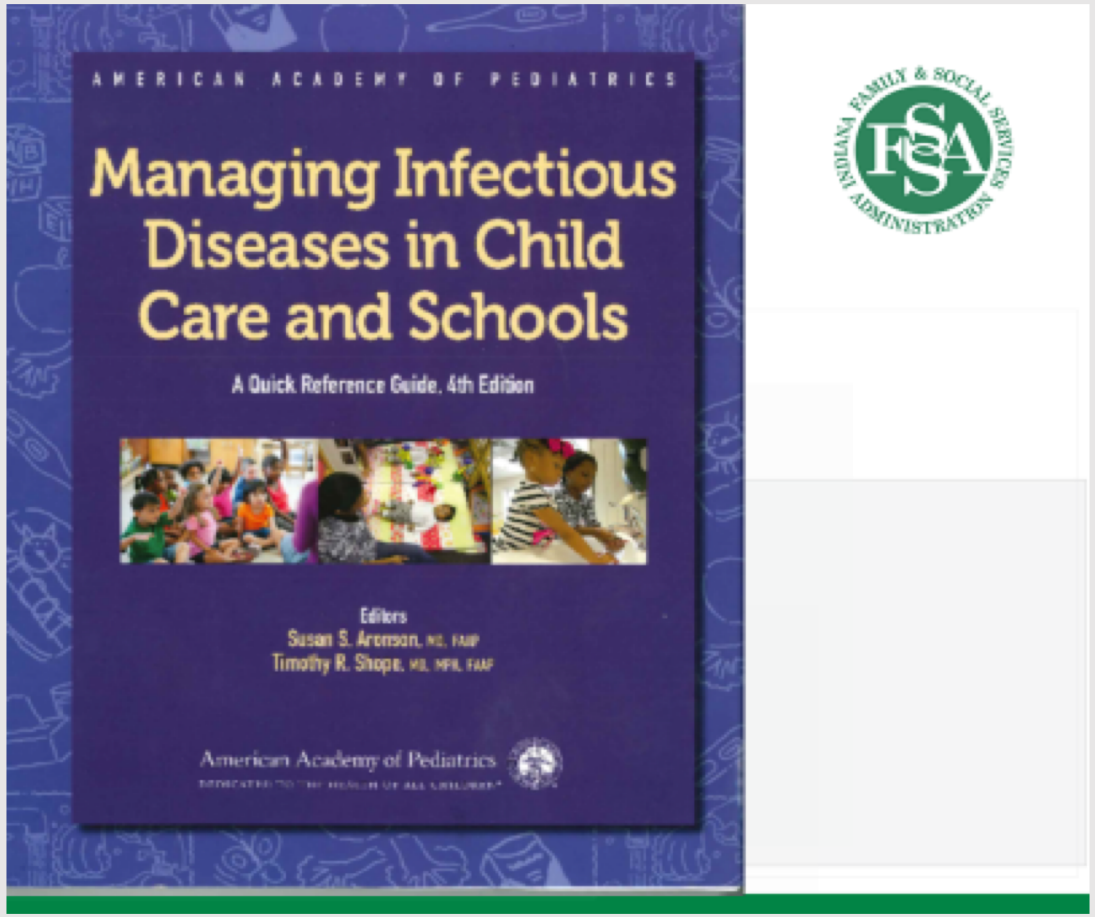
Adult Vaccine Preventable Illness

Vaccine-preventable diseases cause long-term illness, hospitalization and even death. Did you know that in the U.S.:

- 1 million people get shingles and some will have severe pain that can continue long after their rash clears up (called post-herpetic neuralgia) or they may suffer from other painful complications that could persist for years.
- Since 2010, flu-related hospitalizations have ranged from 140,000 to 710,000, and flu-related deaths have ranged from 12,000 to 56,000.
- About 320,000 people get pneumococcal pneumonia every year, leading to over 150,000 hospitalizations and 5,000 deaths.
- 700,000 to 1.4 million people suffer from chronic hepatitis B, with complications such as liver cancer.

https://www.cdc.gov/vaccines/adults/vpd.html

Managing Infectious Diseases in Child Care and Schools, 4th ed.



https://shop.aap.org/products/childcare/

Cold Weather Play

Volume 5 • Number 1 PENNSYLVANIA DEPARTMENT OF HEALTH

GET SMART Newsletter

January 2017

Cold Weather Outdoor Play Boosts Immune System!

By: Anne Dodds, Keystone STARS Child Care Health Consultant

Cold weather, outdoor play- It's not only for children, but adults too!

Think layers – adults and children alike! Adults should wear layers of lightweight clothing to stay warm. Don't forget gloves and a hat! Because children's bodies can lose heat faster, young children and babies should be dressed in one more layer than an adult. Make sure their head and neck are covered as well as a warm pair of gloves.

Winter fresh air is good for everyone!

Outdoor winter play has long been blamed for colds and the flu. Our parents told us to "bundle up or you'll catch a cold," and their parents probably told them the same thing. But winter play gets a bad rap. Although going outside unprepared for the elements is unwise, viruses that are spread by other human beings and cause colds and the flu are indoors.

The indoor circulation of germs and bacteria is much more harmful to your child than playing outside. There are plenty of excellent references for winter safety tips, such as this article by the American Academy of Pediatrics that explains proper clothing, winter health and more. With the right preparation and understanding of winter weather, your child can have as much fun in the cold as he or she does in the sun!

Here are Four Benefits of Outdoor Winter Play

Breathe fresh air

It's no secret that most parents blame winter air as the cause for colds and the flu. Although the viruses that cause flu and colds are more common in the winter months, the circulated air in closed environments is the main cause of your child getting sick. All of the bacteria, dirt, dander, and other germs simply get recycled through the air vents over and over. The more time you spend inside, the more you are exposed. Nothing is more refreshing than that first deep breath of cold, winter air before starting hours of fun with outdoor play. In fresh, outdoor air, children do not have to rebreathe the germs of the group, and the chance for spreading infection is reduced.

Strengthen immune system

Playing outside allows your child an escape from indoor germs and bacteria. This will not only be good for the healthy bunch; the sick kids benefit from the fresh air as well. Just make sure they are properly bundled up and moving around to capture and generate warmth. Being outside more often also allows your child to develop a stronger autoimmune system and a resistance to allergies. Studies have shown that children in rural areas or those who are active outside have the best overall health.

pennsylvania DEPARTMENT OF HEALTH GET SMART

Engage in physical exercise

Just because it's cold outside doesn't mean your children have lost their energy or desire to play. In fact, the California Childcare Health Program states outdoor winter play "gives children an opportunity for a change of environment, a balance in play and routine, and large muscle activities (gross-motor development)." You must remember your child is still growing during these months, and prolonged sessions of inactivity are not conducive to their muscular development. Physical activity gives your immune system a power surge for a full 24 hours. A stronger immune system leads to less illness and less use of antibiotics.

Stimulate the imagination

The winter also offers a variety of ways to stimulate your imagination through play. Does your child like to build things? Build a snow fort in the backyard with tunnels and a home base. Do you have access to a park? Go for a wildlife hike and look for birds and other woodland creatures. With all of the technological advancements of the past decade, many children are using their imaginations less and less. Something as simple as building a silly snowman utilizes problem solving and imaginative skills they would not be using while sitting on the couch.

Remember:
Hand washing is the single most effective way to reduce illness!

Kids' Section:

Making a Snow Volcano

Science experiment and photo courtesy of Science-Sparks.com

What do you need?

- Empty water bottle
- 2 spoonfuls of baking soda
- 1 spoonful dish soap
- A few drops of food coloring (red makes it look like lava)
- 1 ounce of vinegar

Next steps:

- Make a volcano in the snow with hole in the center to hold the water bottle.
- Add everything except the vinegar to the water bottle.
- Add the vinegar and watch the eruption!

Tip: If it doesn't work so well, add a bit more dish soap and vinegar.

Why is this science?
Vinegar (an acid) and baking soda (an alkali) react together to neutralize each other. This reaction releases carbon dioxide, a gas which is the bubbles you see, these bubbles make the dish soap bubble up to give the reaction.

If you have any ideas or would like more information, please contact us. To unsubscribe, email knowwhentosayno@pa.gov.

@GetSmartAbxPA /GetSmartPA www.KnowWhenToSayNo.org

https://www.med.upenn.edu/antibiotics/newsletters/2017_5.1_January.pdf

Child Care Weather Watch

Understand the Weather

Wind-Chill

- 30° is ***chilly*** and generally uncomfortable
- 15° to 30° is ***cold***
- 0° to 15° is ***very cold***
- -20° to 0° is ***bitter cold*** with significant risk of ***frostbite***
- -20° to -60° is ***extreme cold*** and ***frostbite*** is likely
- -60° is ***frigid*** and exposed ***skin will freeze*** in 1 minute

Heat Index

- 80° or below is considered ***comfortable***
- 90° beginning to feel ***uncomfortable***
- 100° ***uncomfortable*** and may be ***hazardous***
- 110° considered ***dangerous***

All temperatures are in degrees Fahrenheit

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)

Air Temperature	Wind Speed in mph								
	CALM	5	10	15	20	25	30	35	40
50	50	48	40	36	32	30	28	27	26
40	40	37	28	22	18	16	13	11	10
30	30	27	16	9	4	0	-2	-4	-6
20	20	16	4	-5	-10	-15	-18	-20	-21
10	10	6	-9	-18	-25	-29	-33	-35	-37
0	0	-5	-21	-36	-39	-44	-48	-49	-53
-10	-10	-15	-33	-45	-53	-59	-63	-67	-69
-20	-20	-26	-46	-58	-67	-74	-79	-82	-85
-30	-30	-36	-58	-72	-82	-87	-94	-98	-102

Comfortable for out door play Caution Danger

Heat Index Chart (in Fahrenheit)

Temperature (°F)	Relative Humidity (Percent)															
	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90
110	108	112	117	123	130	137	143	150								
105	102	105	109	113	118	123	129	135	142	149						
100	97	99	101	104	107	110	115	120	126	132	138	144				
95	91	93	94	96	98	101	104	107	110	114	119	124	130	136		
90	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122
85	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102
80	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88
75	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79

https://www.c-uphd.org/documents/wellness/weatherwatch.pdf

Child Care Weather Watch

Child Care Weather Watch

Watching the weather is just part of the job for child care providers. Planning for playtime, field trips, or weather safety is part of the daily routine. The changes in weather require the child care provider to attend to the health and safety of children in their care. What clothing, beverages, and sun screen are appropriate? Dress children to maintain a comfortable body temperature (warmer months - lightweight cotton, colder months - wear layers of clothing). Drinking beverages helps the body maintain a comfortable temperature. Water or fruit juices are best. Avoid high sugar content beverages and soda pop. Sunscreen may be used year around. Use a sunscreen labeled as SPF-15 or higher. Apply sunscreen generously and frequently. Read the label of the sunscreen product. You can also use sunscreen to block harmful rays from the sun. Look for sunscreen with UVB and UVA ray protection. Have children play in shaded areas or create shade in the play area.

Condition **GREEN** - Most children may play outdoors and be comfortable. Child care providers should watch for the child that becomes uncomfortable while playing outdoors.
INFANTS AND TODDLERS Infants/toddlers are unable to tell the child care provider if they are too hot or cold. The infant/toddler may become fussy when uncomfortable. Infants/toddlers tolerate shorter periods of outdoor play. Dress infants/toddlers in lightweight cotton or cotton-like fabrics during the warmer months. In cooler or cold months dress infants in layers to keep them warm. Protect infants from the sun by using sunscreen and playing in shaded areas. Give beverages while playing outdoors.
YOUNG CHILDREN Use precautions regarding clothing, sunscreen, and beverages. Young children need to be reminded to stop play and drink a beverage and apply more sunscreen.
OLDER CHILDREN Use precautions for clothing, beverages, and sunscreen. The older child needs a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens). Apply sunscreen and give beverages while outdoors.

Condition **YELLOW** means the child care provider must use caution and closely observe the children for signs of being too hot or cold while outdoors. Clothing, sunscreen, and beverages are important. Shorten the length of outdoor time.
INFANTS AND TODDLERS Child care providers should use the precautions outlined in Condition Green. Clothing, sunscreen, and beverages are important. Shorten the length of time for outdoor play.
YOUNG CHILDREN Use the precautions regarding clothing, sunscreen, and beverages. Younger children may insist they are *not* too hot or cold because they are enjoying playtime. Child care providers need to structure the length of time for outdoor play for the young child.
OLDER CHILDREN Use precautions for clothing, sunscreen, and beverages. Use a firm approach to wearing proper clothing for the weather (they may want to play without coats, hats or mittens), applying sunscreen and drinking liquids remain important while playing outdoors.

During condition **RED** most children should not play outdoors due to the health risk.
INFANTS/TODDLERS should play indoors and have ample space for large motor play.
YOUNG CHILDREN may ask to play outside and do not understand the potential danger of weather conditions.
OLDER CHILDREN may play outdoors for very short periods of time. Child care providers must be vigilant about proper clothing, beverages, and use of sunscreen

Child Care Weather Watch was produced by the Iowa Department of Public Health, Healthy Child Care Iowa. This guide was produced through federal grant (MCJ19T029 & MCJ19KCC7) funds from the US Department of Health & Human Services, Health Resources & Services Administration, Maternal & Child Health Bureau. For questions about health and safety in child care contact the Iowa Healthy Families line telephone 1-800-369-2229. Wind-Chill and Heat Index information is from the National Weather Service.

Understand the Weather

The weather forecast may be confusing unless you know the meaning of the words used by your weather forecaster.

- **Blizzard Warning:** There will be snow and strong winds that produce a blinding snow, deep drifts, and life-threatening wind chills. Seek shelter immediately.
- **Heat Index Warning:** How hot it feels to the body when the air temperature (in Fahrenheit) and relative humidity are combined.
- **Relative Humidity:** The percent of moisture in the air.
- **Temperature:** The temperature of the air in degrees Fahrenheit.
- **Wind:** The speed of the wind in miles per hour.
- **Wind Chill Warning:** There will be sub-zero temperatures with moderate to strong winds expected which may cause hypothermia and great danger to people, pets & livestock.
- **Winter Weather Advisory:** Winter weather conditions are expected to cause significant inconveniences and may be hazardous. If caution is exercised, these situations should not become life threatening.
- **Winter Storm Warning:** Severe winter conditions have begun in your area.
- **Winter Storm Watch:** Severe winter conditions, like heavy snow and ice are possible within the next day or two.

Cleaning and Sanitizing Guidance

Child care should maintain and/or implement practices recommended by the CDC in order to prevent the spread of respiratory infectious diseases, including COVID-19. The below is guidance provided by the Office of Early Childhood and Out of School Learning (OECOSL) to support programs in completing cleaning practices that are safe within a child care program.

Cleaning- is the physical removal of dirt and germs usually using soap and water, then rinsing.

Sanitizing- is the use of a chemical or heat above 170 degrees to reduce the level of germs to a greater level. Food contact surfaces are sanitized. Chemicals used can be chlorine (bleach), quaternary ammonium "Quat", and iodine can be purchased as concentrates and diluted. Silver Citrate and Peroxyacetic acid are in "ready to use" products. All have formulations that can be used on food contact surfaces.

Disinfecting- is the use of a chemical or heat to with the intent to completely rid a surface of germs. Using this strength of chemicals or heat high enough to do this cannot be used on all surfaces.

Wear gloves (and aprons if there may be splashing or spraying of fluids) for all cleaning and sanitizing tasks. Open windows for ventilation.

Follow label directions! Some products should not be used on food contact surfaces as they are not safe for ingestion and need to be rinsed off. Never mix products. Use a 10% bleach solution for bloody body fluid clean-up per Universal Precautions guidelines.

Dishes, mouthable toys	**Kitchens, tabletops, chairs, cribs & cots, doorknobs, toys, surfaces children frequently touch during the day**	**Public touch points, bathrooms, diaper tables, after hours/end of day**	**Laundry, cloth books and toys**
1- Wash with soap and water 2- Rinse 3- Submerge with sanitizer safe for food contact surfaces 60 seconds 4- Bleach- 1 tsp/gallon of water 50 ppm -"Quat"- 200-400 ppm -Premixed Silver Citrate	1. Wash with soap and water 2. Rinse and dry 3. Spray or wipe and allow to remain wet for 60 seconds 4. Bleach- 1 Tablespoon/gallon 200ppm -"Quat"- 200-400 ppm -Premixed Silver Citrate -Premixed Peroxyacetic acid	1- Wash with soap and water 2- Rinse and dry 3- Spray or wipe and allow to remain wet for 60 seconds; some products require a longer time 4- Bleach- 1/3 cup/gallon 1,000ppm (1T/qt) -Premixed Silver Citrate	1- Do not shake laundry 2- Wash according to manufacturer's directions in the warmest water possible 3- For loads of cloth cot covers, blankets and washcloths, wash in hot

For more information: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

https://www.in.gov/fssa/carefinder/files/Cleaning_sanitizing_guidance_-3-2020.pdf

Cleaning and Sanitizing Guidance

-Premixed Peroxyacetic acid 5- Air dry 6 Must use a product safe for food contact surfaces	5- Air dry 6 Use a product safe for food contact surfaces.	-Premixed Peroxyacetic acid 5- Air Dry May use a multipurpose "1 step" product	tap water with 1 cup of bleach per load. 4- Dry thoroughly
Use this procedure after every use.	Use this procedure frequently throughout the day in the classroom.	Quaternary ammonia "Quat" products are not recommended for use because of a 10 minute dwell time.	

For more information: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Find a Pediatrician Partner

Looking for a local pediatrician partner for your program?

Sign up, and INAAP will contact you.

https://www.surveymonkey.com/r/QXXDR3L

THANK YOU

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