



## **2018– 2019 Influenza (Flu) Season**

### **It's That Time of Year – Is Your Program Prepared?**

Influenza is a contagious disease that easily spreads every winter, usually between October and May. It can cause mild to severe illness that may result in hospitalizations and at times can lead to death.

According to the Centers for Disease Control and Prevention (CDC), each year an average of more than 20,000 children under the age of 5 are hospitalized because of influenza complications. Severe complications are most common in children younger than 2 years old.

To learn **key facts about seasonal flu**, click here  
<https://www.cdc.gov/flu/keyfacts.htm>

To learn **how the flu spreads**, click here  
<http://www.cdc.gov/flu/about/disease/spread.htm>

To learn more about **flu symptoms & complications**, the **differences between cold & flu symptoms**, and **emergency warning signs of flu sickness**, click here  
<https://www.cdc.gov/flu/consumer/symptoms.htm>

The best way to prevent the flu is by getting vaccinated each year.  
The CDC recommends a yearly flu vaccine for everyone 6 months of age and older.

To learn **New Flu Information for 2018 – 2019** guidelines for flu vaccination, click here  
<https://www.cdc.gov/flu/about/season/flu-season-2018-2019.htm>

There are recommended procedures that you can implement in order to protect the health and safety of children, as well as staff in your program.

To read **information for schools & child care providers**, click here  
<https://www.cdc.gov/flu/school/index.htm>

### **Take the following Steps NOW to Help Your Program Prepare:**

- Encourage all staff, children, and parents to get the flu vaccine.
- Encourage children, parents, and staff to take the following everyday preventive actions.  
To learn about every day preventive actions, click here  
[http://www.cdc.gov/flu/pdf/freeresources/updated/everyday\\_preventive.pdf](http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf)



- Examine and revise your program's written plan for seasonal flu. To review recommendations and necessary components of a written plan for seasonal flu from Caring for Our Children, click here <http://nrckids.org/CFOC/Database/9.2.4.4>
- Help families and staff to understand the important roles they play in reducing the spread of flu, as well as information about exclusion of children from child care, click here [https://www.aap.org/en-us/Documents/disasters\\_dpac\\_InfluenzaHandout.pdf](https://www.aap.org/en-us/Documents/disasters_dpac_InfluenzaHandout.pdf)
- Plan to distribute a customized letter to parents about influenza prevention and control practices in your program. To read a sample letter, click here [https://www.aap.org/en-us/Documents/parent\\_flu\\_letter\\_2015\\_2016.pdf](https://www.aap.org/en-us/Documents/parent_flu_letter_2015_2016.pdf)
- Update family contact information and child records so parents can be reached quickly if they need to pick up their sick child.

All child care programs and schools are required to post influenza educational material where it can be easily viewed within the program. The purpose is to ensure that families receive information about influenza and the benefits of vaccination. For options in posting influenza educational material for parents, click below <https://www.health.ny.gov/publications/2423.pdf>

[http://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents\\_brochure.pdf](http://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents_brochure.pdf)