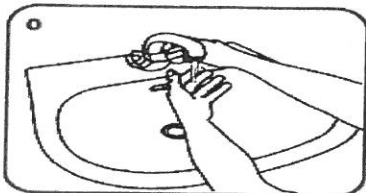
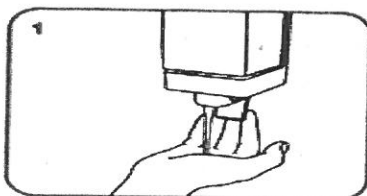


How do I wash my hands properly?

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below. Images 2-7 should take 20 seconds.



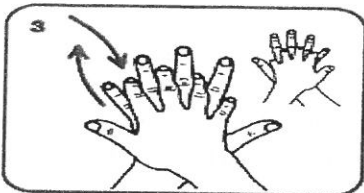
Wet hands with water



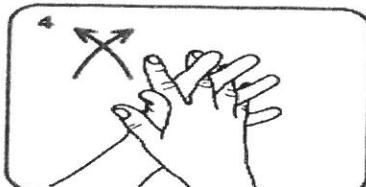
apply enough soap to cover all hand surfaces.



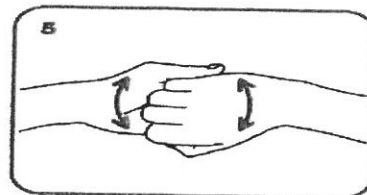
Rub hands palm to palm



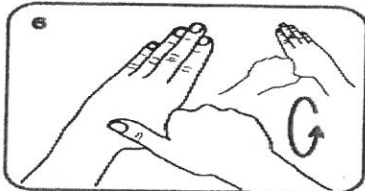
right palm over left dorsum
with interlaced fingers
and vice versa



palm to palm with fingers
interlaced



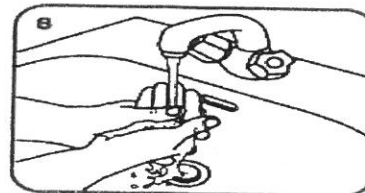
backs of fingers to opposing
palms with fingers interlocked



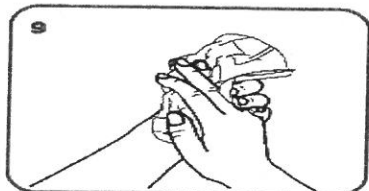
rotational rubbing of left thumb
clasped in right palm
and vice versa



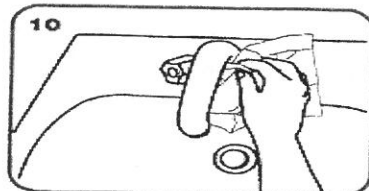
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



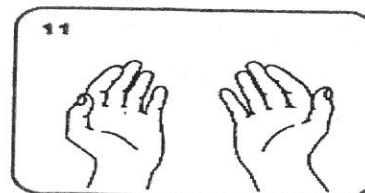
Rinse hands with water



dry thoroughly with a single
use towel



use towel to turn off faucet



...and your hands are safe.

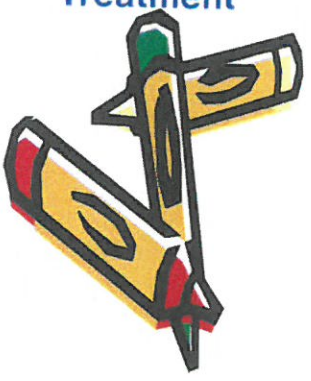
HAND SANITIZERS

- **We do not recommend the use of hand sanitizers in child care.**
- The use of hand sanitizers by children over twenty-four months of age and adults is an appropriate alternative to the use of traditional hand washing with soap and water when there is no sink or water available and hands are visibly clear.
- Hand sanitizers using an alcohol-based active ingredient must contain 60% to 95% alcohol in order to be effective to kill germs. Follow all manufacturers' directions.
- Supervision is mandatory to monitor effective use and to avoid potential ingestion or inadvertent contact of hand sanitizers with eyes and mucous membranes.
- When alcohol based hand sanitizers are offered in child care, the facility should encourage parents/guardians to teach their children about their use at home.
- When alcohol-based hand sanitizer dispensers are used please refer to "Caring for Our Children" or ITERS and ECERS for proper amounts.



Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	High (102-104F); lasts 3-4 days
Headache	Rare	Usual, can become severe
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Mild/moderate	Can become severe
Cough	Hacking cough	Usual, can become severe
Complications	Sinus congestion or Earache	Bronchitis, pneumonia can be life-threatening
Prevention	None	Annual vaccination; antiviral medicines – see your doctor
Treatment	Temporary relief of symptoms	Antiviral medicines – SEE YOUR DOCTOR



Remember, this is not a substitute for a visit with a qualified health professional.





¿Es el catarro o la gripe?

Síntomas

- Fiebre
- Dolor de la cabeza
- Dolores Generales
- Fatiga, Debilidad
- Agotamiento Extremo
- Nariz Tupida
- Estornudando
- Dolor de Garganta
- Molestia en el Pecho
- Tos
- Complicaciones
- Prevención

Catarro

- Raro
- Raro
- Pequeño
- Moderado
- Nunca
- Común
- Común
- Común
- Poco/moderado
- Tos fuerte
- Congestión de la Nariz o dolor de oídos
- Ninguna

Gripe

- Alto(102-104F);dura 3-4dias
- Común
- Común; muchas veces serio
- Puede durar hasta 2-3 semanas
- Temprano y prominente
- A veces
- A veces
- A veces
- Puede llegar a ser serio
- Tos Seca
- Bronquitis, Pulmonía puede ser vida-amenazante
- Vacunación Anual; antiviral medicinas- ve a su doctor

Tratamiento

Alivio temporario de síntomas

Medicinas-Antiviral
VEA a SU DOCTOR

Recuerde, esto no es un suplente por una visita con un doctor.

