

## District Health Department #10

Serving the counties of: Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford Counties

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October 30, 2009

### *Dear Daycare Providers, Preschools, Church Nurseries*

District Health Department #10 is working in partnership with the Michigan Department of Community Health (MDCH), local health care providers, and county emergency managers to assure a coordinated and effective response in preparing for seasonal and H1N1 flu. Enclosed in this packet are materials for use at your facility.

#### **Please share with your families and/or post within your facility:**

- “Wash Your Hands So You Can Stop Germs” (restrooms & hand sinks)
- “Influenza Vaccine for You and Your Baby”
- “The H1N1 Flu & Your Family”

Also enclosed is a flyer outlining recommended cleaning & disinfecting guidelines for H1N1 Flu for your use at your facility.

All materials are available to download and print on the DHD#10 website at the following link: <http://www.dhd10.org/advisories/childcare-providers-information/>. Please feel free to copy them as needed.

#### **Prevention Messages**

We recommend that you emphasize to your families and staff the following ways to stay healthy:

- Wash your hands often with soap and water, especially after you cough or sneeze. In the absence of soap and water, a 60% alcohol-based hand cleaner is also effective.
- Get a seasonal influenza vaccine – as it becomes available.
- Get the H1N1 vaccine—per the recommended schedule. Please note that caregivers for infants under 6 months of age are in the priority target group for vaccination. Please call the health department to schedule an appointment if you meet the criteria. Vaccine is arriving weekly.
- Cover your mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Then wash your hands. If tissue is not available, use the inside of the elbow or sleeve, not the hands.
- If you have a fever, stay home for at least 24 hrs after that fever has ended without using fever reducing medications.

In addition, please continue to monitor our main influenza website for updated information and clinic dates as vaccine becomes available.