

October 2011

**come  
grow  
with us**  
INFORMATION FOR CHILD CARE PROVIDERS  
HEALTH EDUCATION and RESOURCE



## Flu shot offers the best protection

The flu shot is the best way to protect yourself and others from getting the flu.

Influenza or the flu is a common infectious respiratory disease that begins in the nose and throat. It is highly contagious and spreads rapidly from person to person. Some symptoms of the flu may appear quickly, including a dry cough, fever, chills, sore throat, headache, muscle aches and fatigue.

It is particularly important for child care providers to be immunized to protect themselves and prevent the spread of the flu to children in their care. Also, children aged six months to four years should receive a flu shot because they are particularly susceptible to complications from the

flu and are more likely to be hospitalized because of them.

Some symptoms of flu complications in children may include:

- difficulty breathing
- fever or low temperature
- inability to drink or breastfeed
- vomiting more than two to three times in 24 hours
- lethargy or confusion
- convulsions or seizures.<sup>1</sup>

<sup>1</sup> Public Health Agency of Canada. (n.d.). Retrieved July 7, 2011 from <http://www.phac-aspc.ca/>

## Getting the flu shot is the best way to protect yourself and others!

Other important ways to prevent the spread of the flu virus include:

- Washing your hands with soap and water thoroughly and often
- Coughing and sneezing into your upper sleeve or a tissue, not your hand. Dispose of tissues immediately
- Keeping common surfaces and items (such as toys) clean and disinfected
- Staying home when you are sick and limiting contact with others

### **You need to have the flu shot every year to provide full protection!**

The seasonal flu vaccine will be available for everyone who wants and needs it. Ask your physician or visit one of the York Region community clinics to get the flu shot.

Visit <http://www.york.ca/flu> for clinic dates, times and locations.



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## ...because the early years matter! The Importance of Early Identification

The first six years of a child's life has the greatest impact on future learning, health, and behaviour (McCain, M.N. & Mustard, J.F., April, 1999).

Approximately 1 in 4 Canadian children have a behaviour or learning problem when entering grade one (Council for Early Child Development). Early Identification means Early Intervention. The earlier a child's developmental concerns are identified, the earlier the intervention to support those concerns can be implemented.

The following tools may help you to determine if a child's development is on track.

### ***The Red Flags guide: A Quick Reference Guide for Early Years Professionals in York Region:***

- used to assess children prenatally to age six years for growth and development by domains
- domains are organized alphabetically
- will assist professionals in identifying when a child could be at risk of not meeting his or her expected health outcomes or developmental milestones, and the need for potential further investigation by the appropriate discipline
- available online at <http://www.york.ca/redflags> to view, print, or download

For more information on this document or how you can order your own copy, please contact York Region *Health Connection* at 1-800-361-5653 (TTY 1-866-252-9933)

### ***Nipissing District Developmental Screens™ (NDDS):***

- are easy to use
- consist of a "yes/no" checklist on one side
- age appropriate suggested activities to encourage development on the other side
- are available in 13 developmental stages, birth to age 6
- can be used with the Red Flags guide to identify a specific area of concern and identify resources available in York Region
- should not be used as a substitute for professional advice; it is important to encourage parents to talk to a health care professional if there are any questions or concerns about a child's development or well-being.
- are available for download in several languages
- parents can register their child(ren) to receive age appropriate screens throughout their development at <http://www.endds.ca>

For more information about NDDS, visit <http://www.ndds.ca>

