



Avoid the flu. Get a flu shot and wash your hands!

Being in close contact with children a large part of your day means that when they get sick, you likely do too. Getting your flu shot and properly washing your hands often can help to keep you healthy.



Influenza or the flu, as it is commonly called, is a severe respiratory illness. It can lead to serious complications and causes 500 to 1500 deaths per year in Canada.

According to the Ontario Ministry of Health and Long-Term Care, children are the main spreaders of the flu, being two to three times more likely than adults to get the flu and spread it to others. This puts child care staff and parents at increased risk of being exposed to the flu.

Health Canada recommends that all healthy children and adults, including pregnant and breastfeeding women, receive the flu shot every year. November is the best time to get the flu shot, before flu season starts. Ask your physician or visit one of the York Region community clinics to get the flu shot. Visit www.york.ca/flu or clinic dates, times and locations.

Practicing good hand hygiene also helps to prevent spreading the flu. Proper hand hygiene includes hand washing or the use of alcohol-based hand sanitizer. To decrease the spread of germs, including the flu virus, wash you hands:

- After blowing your nose, coughing or sneezing into your hands
- After going to the washroom
- Before and after visiting someone who is sick
- After playing outside
- After playing with animals
- Before eating or drinking
- Before and after handling food
- If your hands look or feel dirty
- After handling garbage

Hand washing/Hand sanitizer TIPS:

- Lather hands with soap for a minimum of 15 seconds
- Lather hands by rubbing palms together, rubbing the back of hands, between fingers and washing the wrists, thumbs, and under the fingernails
- To help children judge the length of 15 seconds, ask them to sing the *Happy Birthday* or the *ABCs* song, while they lather their hands
- For more information please refer to the CGWU manual *Chapter 2 Handwashing* section
- Hand sanitizers are only effective on clean and dry hands. Choose a hand sanitizer that has 70-90% alcohol. Please refer to the CGWU manual *Appendix 2 How to correctly use hand sanitizer* for further information



Nipissing District Developmental Screen (NDDS)

The first six years of a child's life has the greatest impact on their future learning, health, and behaviour. To ensure healthy development, children who may need additional support must be identified as soon as possible and be referred to the appropriate programs and services. A 'wait and see' approach is no longer the most recommended method. Early identification is the first step to early intervention.



According to the Council for Early Child Development, approximately 1 in 4 Canadian children have a behaviour or learning problem when they enter first grade.

The Nipissing District Developmental Screen (NDDS) is an easy to use developmental screening tool available to parents, caregivers, and early years professionals working with infants and children up to six years of age. The NDDS can help identify if a child is developing as expected. As child care providers, you can encourage parents and caregivers to use the NDDS regularly to know if their child's development is on track.

How to Use the NDDS

The child's chronological age will determine which screen to use. The screens are available in 13 developmental stages ranging from one month to six years. If a child's age falls between two stages, use the earlier screen.

Each screen includes two parts. The "checklist" section requires 'yes' or 'no' answers to a series of developmental questions. It describes what most children at the age on the screen are able to do. The child's skills are explored in the following areas: vision, hearing, speech, language, communication, gross motor, fine motor, cognitive, social/emotional, and self-help.

The "Activities For Your Child" section of the screen provides information and suggested age appropriate activities which parents and caregivers can use to enhance the child's development.

If one item is checked 'no', refer parents and caregivers to the suggested activities section of the NDDS. If two or more 'no' responses are checked off, the child should be referred for further assessment. The Family Physician or Paediatrician may make the appropriate referrals, or you may refer to the *York Region Red Flags Guide*. This is a quick reference guide designed to assist early years professionals to determine when and where to refer families for additional advice, assessment, and/or treatment in York Region. The NDDS 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.

The NDDS is available at no charge in English, French, Chinese, Spanish, and Vietnamese. Interactive screens are also available at www.ndds.ca For more information or to order Nipissing District Developmental Screens, call York Region *Health Connection* at 1-800-361-5653 or visit www.york.ca



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For more information, please call
Health Connection at
1-800-361-5653