



The Weekly Memo

Southern Oregon Child & Family Council, Head Start, Early Head Start & LISTO



OFFICE OF HEAD START

An Office of the Administration for Children & Families

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Enterovirus

Good hygiene, proper sanitation, and consistently following standard precautions in Head Start and Early Head Start reduce health risks to children and adults by limiting the spread of infectious germs. During an outbreak of any infection, these procedures are especially important.



What Is It?

Reports of enterovirus, a severe respiratory illness, are on the rise. Enteroviruses are very common. They cause about 10 to 15 million infections in the U.S. each year. Parents and staff need to be aware of the symptoms and enforce prevention strategies.

Who Is at Risk?

Anyone can become infected with enteroviruses. However, infants, children, and teenagers are more likely to get infected and become sick. That's because they do not yet have the protection which comes from previous exposures to the virus. In the U.S., people are more likely to get infected with enteroviruses in the summer and fall. Most people who become infected with enteroviruses do not get sick, or they may have mild symptoms, similar to the common cold. However, some people can get very sick with an infection of their heart or brain, or even become paralyzed. Infants and people with weakened immune systems have a greater chance of having these complications.

Children who have already been diagnosed with asthma should be sure to follow their asthma action plan. Their health care provider should know the plan as well. The U.S. Centers for Disease Control and Prevention (CDC) reports that more than half of the children with lab-confirmed enterovirus in 2014 have a history of asthma or wheezing. It's important for their asthma to be well treated and controlled.

Pregnant women who are infected with enterovirus shortly before delivery can pass the virus on to their babies. For more information, see Pregnancy & Non-Polio Enterovirus Infection. Mothers who are breastfeeding should talk with their doctor if they are sick or think they may have an infection.

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MEETINGS/TRAININGS

10/7- Area Staffing, WIL, WA, OH A & B

10/7- Volunteer Committee, A & B

10/8- DAG, A & B

10/8- Directors Mtg., Admin

10/9- MIECHV Mtg., A & B

10/9- EHS Managers, A & B

10/9- MC & FTL Parent Meetings

10/10- Policy Council Notebooks A & B

NEXT WEEK (MON)

10/13-Ed: Staff Training @ RWD for : IV-RWD-RVS-FRC-MER-RR-SV Centers

10/13-Ed: Staff Training @ MC A for : EP-WCY-CP=FTL-WIL WSH-OH-PXT-ASH-MCB-SM

10/13- Wellness Committee, Admin

10/13- FA Coachings and Health Trainings, FTL & RWD

Mission Statement

Southern Oregon Head Start prepares children and their families for success in school and throughout life.

Editors:

Valerie Blade & Cricket Tepper

Enterovirus (cont.)

How Is it Spread?

Exposure to the virus may be caused by:

- Close contact, such as touching or shaking hands, with an infected person
- Touching objects or surfaces that have the virus on them
- Changing diapers of an infected person
- Drinking water that has the virus in it
- If you then touch your eyes, nose, or mouth before washing your hands, you can get infected with the virus and become sick.

What Are Some Prevention Strategies?

There is no vaccine to protect you from enterovirus infection. Since many infected people do not have symptoms, it is difficult to prevent enteroviruses from spreading. Good hygiene and proper infection control are the best defense against.

Help protect yourself and others from enterovirus infections by:

- Washing your hands often with soap and water, especially after using the toilet and changing diapers
- Avoiding close contact, such as touching and shaking hands, with people who are sick
- Cleaning and disinfecting frequently touched surfaces
- Staying home when sick or consulting your physician
- Enforcing short-term exclusion policies

How Is Enterovirus Treated?

Most people infected with an enterovirus will need supportive care for their symptoms. A health care provider should examine any child or individual experiencing severe symptoms, such as any difficulty breathing. Enterovirus is different from the flu! To minimize confusion with influenza, and to protect against the flu virus, AAP recommends all children ages 6 months and older be vaccinated against influenza at the earliest possible time.

Submitted by Cheri Curtis, Safety Officer



Employee Assistance Program

Do you ever feel overwhelmed? Just a reminder that EAP is an excellent source of counseling and support for nearly every problem or issue you might be facing.

EAP's services include, but are not limited to: work place issues, interpersonal conflict, family crisis, grief counseling, depression, stress, anxiety, marital issues, etc. and all full-time and part-time employees are covered.

Services provide up to 4 counseling sessions per incident and are completely free and 100% confidential. If you need additional help to work on an issue, the Agency has arranged for up to 8 additional visits at a cost of \$10 each.

The appointment schedule is very flexible and all appointments should be scheduled at a time that will cause the least amount of disruption in services.

To make an appointment, call:

*Asante Counseling Services Medford (541) 789-4238
Grants Pass (541) 955-5570 Toll Free 1-800-836-5777*

LISTO NEWS

Hola from the Listo Family Literacy Program!

I hope that everyone has had a great start to this school year. We are just getting ready to begin the Listo year. We will start in Medford, on Tuesday October 7th with families in Medford. In White City services will not start until January.

Listo is a family literacy program which offers family support to Latino families. The entire family comes to Listo and we offer an infant toddler class, a preschool class, K-8th grade class and for parents we have ESL or adult basic literacy called INEA. INEA is especially great for parents with low or no literacy skills in Spanish. Improving these skills greatly improves their job skills and has an economic impact on families.

In Medford, classes are held on Tues. and Thurs from 5:30 until 8:00 at Central High. In White City when we start in January, we will meet on Mon. and Wed. from 5:30 to 8:00, location to be announced.

If you have families who might be interested, please consider the following criteria:

They must have a child under the age of 5 who will attend.

They must be motivated and able to attend with their children 2 evenings weekly.

We prioritize by parent educational needs so level of education and level of English is important information for us on the referral form.

If you have families that meet these criteria, please help them to fill out a referral form which is available on the socfc website or in the S drive under Listo. Please make sure that you fill in all of the information requested. We need name, date of birth, age and grade and school for each child in the family. We need parents' # of years of education. Please ask if they are migrant or not. Also write on the back why you think this family needs Listo.

IF THE FORM IS NOT COMPLETE WE WILL RETURN IT TO YOU.

We will not know how many new families we can enroll until after we begin and see who returns to the program. Please send your referrals to Victoria (Vico) Barnhart at the main office . We will contact families individually, when we have a space for them.

Thanks to all of you for supporting Latino families in Head Start.

Submitted by Becky Barker Listo Director

KUDOS KORNER!

I just wanted to take the time to send out a big thank you to some folks that worked very hard over the summer to make your return as nice as possible.

★ **The Marvelous Maintenance Team**—while some staff enjoyed their time off by the pool or at the shore these guys worked very hard during the unbelievably hot summer to clean floors, paint walls, build walls & bathrooms, move desks (a million times) and equipment, rebuild playgrounds, start up new centers, help with redoing the MO upstairs and downstairs work areas, FRC office area, RVS flooded center, equipment and furniture for health roundups, and a million other projects. They did an amazing amount of work and did an excellent job. We are lucky to have such a talented team!

★ **The Infamous IT Team**—Brice and Chad spent hours and hours trying to make sure the computers were up and running for the new cubicles at the MO and FRC and everyone's change of location. They kept the health roundups going. They updated and revamped many systems and lots of equipment while still trying to stay on top of everyone's day to day needs.

★ **The Energetic Education Team**—they interviewed and observed more possible hires than you could imagine all summer long.

★ **The Happy Health Team**—these folks with help of some of the SAA's and some FA's had many, many health roundups and got a record number of children's health requirements completed!

★ **The Recruitment Team**—PFCE and many of the FA's & SAA's spent many hours this summer recruiting and following up to make sure we were full this year.

There are many more that worked very hard this summer but these floated to the top. Thank You!!

Submitted by Valerie Blade, Operations Director

A child's life is like a piece of paper on which every person leaves a mark. - Chinese Proverb



Common Cold and Influenza; and Options for getting your flu shot this year



Fall and winter are the prime time for colds, influenza, and other respiratory illnesses. Although symptoms of colds and influenza can be similar, the two are different.

Common Cold

While there are more than 200 different viruses that are known as the common cold, the most common cold viruses include: Rhinoviruses, Coronaviruses and Respiratory Syncytial Virus (RSV). The most common of these three cold viruses are rhinoviruses.

Symptoms of the common cold include sore throat, runny nose, coughing, sneezing, watery eyes, headaches and body aches. Most people will recover within 7-10 days. However, people with weakened immune symptoms, asthma, or respiratory conditions may develop serious illness, such as pneumonia.

There is no cure or vaccine for the common cold. Antibiotics will not help people get better because they do not work against viruses. Taking antibiotics when they are not needed may make it harder for the body to fight future bacterial infections.

You can reduce the risk of getting a cold by: wash your hands often with soap and water, avoid touching your eyes, nose and mouth with unwashed hands, and stay away from people who are sick. If you are sick you can help prevent the spread others: stay home while you are sick, avoid close contact (hugging, kissing, shaking hands), move away from people before coughing or sneezing, cough and sneeze into a tissue then throw it away, or cough and sneeze into your upper shirt sleeve (completely covering your mouth and nose), wash your hands after coughing, sneezing, or blowing your nose, disinfect frequently touched surfaces and objects. 1

Influenza Virus

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. The flu is different from a cold, the flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms: Fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and some people may have vomiting and diarrhea, though this is more common in children than adults.

Most people who get the flu will have mild illness, will not need medical care or antiviral drugs, and will recover in less than two weeks. Children younger than 5 years of age, adults 65 years of age and older, pregnant women, and American Indians and Alaskan Natives are more likely to develop complications from the flu that result in being hospitalized and occasionally result in death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. The flu also can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may experience a worsening of this condition that is triggered by the flu.

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Common Cold and Influenza; and Options for getting your flu shot this year (cont.)

The single best way to prevent the flu is to get a flu vaccine each season. There are several flu vaccine options for the 2014-2015 flu season. All of the 2014-2015 influenza vaccine is made to protect against the following three viruses:

- an A/California/7/2009 (H1N1)pdm09-like virus
- an A/Texas/50/2012 (H3N2)-like virus

a B/Massachusetts/2/2012-like virus.

The quadrivalent flu vaccine for 2014-2015 also protects against an additional B virus (B/Brisbane/60/2008-like virus).

Routine annual influenza vaccination is recommended for all persons six months and older who do not have contraindications. Vaccination optimally should occur before onset of influenza activity in the community. Health care providers should offer vaccination soon after vaccine becomes available (by October if possible). Vaccination should be offered as long as influenza viruses are circulating.

Although delaying vaccination might permit greater immunity later in the season, deferral might result in missed opportunities to vaccinate and difficulties in vaccinating a population within a limited time. Vaccination programs should balance maximizing likelihood of persistence of vaccine-induced protection through the season with avoiding missed opportunities to vaccinate or vaccinating after influenza virus circulation begins.

Options for getting your flu shot this year:

Getting your flu shot at a pharmacy offers you more flexibility with more times and days available to you with early and late hours and weekends. Therefore, we will not be offering flu shots at the Main Office in October. With your Agency health insurance, you can receive the flu shot with no out-of-pocket expense to you.

Employees covered under the Agency health plan, can receive a flu shot at participating pharmacies. Most major pharmacy chains are participating with Moda, and will bill insurance directly. It is recommended that you contact the pharmacy in advance and ask, "Are you a participating pharmacy for Moda flu shots?" If the answer is yes, show your Moda prescription drug card when you get your flu shot and you will not be asked to pay anything.

submitted by Cathy Justice, Employee Health & Benefits Manager and
Dr. Michelle, Health Director



Large Meeting Parking

We have been given permission to park in the parking lot of the Spanish Pentecostal Church behind RED building. You can get to the lot from Ellen Street. Please park in rear of building and come through the side gate on days of meetings. Please be respectful of others property and keep the area free of litter. There will be no smoking in this area as well.

Dept Heads need to email or let **Front Office** know if you will need gates unlocked that day. Also please remind those attending your meetings that this is available until people get used to parking there.

