Child Care Health Consultant Monthly Newsletter

November 2022



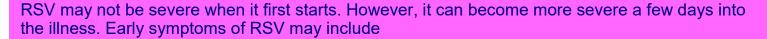


FLU SYMPTOMS

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have 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 (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.





- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing

Infants who get an RSV infection almost always show symptoms. This is different from adults who can sometimes get RSV infections and not have symptoms. In very young infants (less than 6 months old), the only symptoms of RSV infection may be

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses while breathing)

Fever may not always occur with RSV infections.

Croup

Respiratory illness caused by multiple viruses and characterized by a hoarse voice and barky cough.

- Barky cough (like a seal)
- hoarse or whispery voice
- Noisy breathing on inspiration (breathing in) called stridor
- Runny nose
- Fever may be present



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2022-2023 Training Calendar

PLEASE NOTE THAT CLASSES WILL NOW BE ON MONDAYS!

TO BE ANNOUNCED

CPR class must be paid prior to class via cash, check or Paypal
Call or Email Debra Pless or Melissa Jones (contact numbers below) to schedule.

ALL CLASSES are at CFA, now Multiply Church (same location) from 6—8 p.m.

150 Warren C Coleman Blvd. Concord, NC 28027

ENTER THROUGH BACK DOORS TO THE LEFT
OF THE ASSISTED LIVING CENTER
UNDER THE SIGN FOR THE THEATRE/CAFETERIA

IF YOU ARE MORE THAN <u>10 MINUTES LATE</u> YOU WILL BE ASKED TO RESCHEDULE—
NO EXCEPTIONS!!!

Important Contacts



 NC DCDEE
 1-800-859-0829

 Debra Pless, RN, CCHC
 704-791-0058

 Carolinas Poison Center
 1-800-222-1222

 Melissa Jones, RN, CCHC
 704-787-2638

 Cabarrus County DHS
 704-920-1400

 NC Immunization Branch
 919-707-5550

 Criminal Background Check Unit Line
 919-527-6620



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