



### Employee Birthdays

Lorilee 2/8  
Robin H. 2/15  
Anthony 2/23  
Tiffany 2/26

### February Children's Birthdays

Manal  
Landon  
Kemil  
Aubrey  
Alexander  
Daniela  
Andrea

### Employee of the Month

*ABOVE AND  
BEYOND*

**STACEY CRUSH, RNCM**

### Employee Anniversaries

Anne P. 7 yrs.  
Danielle 7 yrs.  
Amanda S. 3 yrs.

### SWING INTO SPRING AT

#### THE KIDZ CLUB

Make your plans now to spend SPRING BREAK with The Kidz Club. More information will be coming over the next few months so reserve your spot now. We look forward to having fun with your kidz!

### REACH ALERT

A reminder to keep us updated with your current phone number and email addresses, otherwise you will not receive alerts from your child's center regarding closings, etc...

Thank You!

# February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Groundhog Day	3
4	5 Weatherman's Day	6	7	8	9 Hershey's Chocolate Founded	10
11	12	13 Mardi Gras	14 <b>Valentine's Day</b>	15	16 Chinese New Year Year of the dog	17
18	19 President's Day	20	21	22	23	24
25	26	27 Intl Polar Bear Day	28			

## Help Fight Germs, Like Flu

- The Centers for Disease Control and Prevention (CDC) recommends a three-step approach to fighting influenza (flu)
- **The first and most important step is to get a flu vaccination each year**
- But if you get the flu, there are **prescription antiviral drugs that can treat your illness**
- **Early treatment** is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women
- Finally, everyday **preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu**

### How does the flu spread?

- Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk
- Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose
  - ◊ Many other viruses spread these ways too
- People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick
  - ◊ That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick
- Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days

### What are everyday preventive actions?

- Try to avoid close contact with sick people
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities
- The fever should be gone without the use of a fever-reducing medicine
- While sick, limit contact with others as much as possible to keep from infecting them
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it
- Wash your hands often with soap and water, if soap and water are not available, use an alcohol-based hand rub
- Avoid touching your eyes, nose and mouth as germs spread this way
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu
- If an outbreak of flu or another illness occurs, follow public health advice

**Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.**