

# Preston

**Employee of the  
Month**

**ABOVE**  
AND BEYOND

**MARIA SALAZAR MONTALVO  
CAREGIVER**

## Employee Birthdays

Mallory	1/8
Crystal F.	1/9
Kayla D.	1/13
Shirtika	1/15

## January Children's Birthdays

Blessing  
Adria  
Derrick  
Christopher  
Daniel



# January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <b>TKC Closed</b> New Years Day	2 Happy MEW YEAR for CAT's DAY	3	4
5	6	7 Harlem Globetrotters Day, wear red, white and blue	8 Argyle Day	9	10	11
12	13	14	15 Bagel Day	16	17	18 Winnie the Pooh
19	20	21 Natl Hugging Day	22	23 Natl Pie Day	24 Belly Laugh Day	25
26	27	28	29 Puzzle Day	30 Croissant Day	31	

## RSV

RSV is a common and very contagious virus that infects the respiratory tract and can lead to more severe infections such as bronchiolitis and pneumonia.

### Symptoms

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing



### Treatment

- Manage fever and pain with over-the-counter acetaminophen or ibuprofen
- Drink plenty of fluids to avoid dehydration

Most RSV infections go away on their own in a week or two. Talk to your healthcare provider before giving your child nonprescription cold medicines, since some medicines contain ingredients that are not recommended for children. Healthy infants and adults infected with RSV do not usually need to be hospitalized. Those younger than 6 months of age, and older adults, may need to be hospitalized if they are having trouble breathing or are dehydrated.

### Prevention

- Avoid close contact with sick people
- Wash your hands often with soap and water
- Avoid touching your face (or your child's face) with unwashed hands
- Clean common surfaces such as doorknobs and phones

Anyone with cold-like symptoms shouldn't interact with children at high risk for RSV, including premature infants, kids younger than 2 years with chronic lung or heart conditions, and children with weakened immune systems.

*\*If your child is treated for RSV or any illness, discharge paperwork will need to be turned into your child's TKC office.*