



Steuben and Schuyler's most trusted child care resource.

Parent Newsletter

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Communicable Diseases

Communicable diseases are illnesses that can be transmitted from person to person or animal to person.

People spread communicable diseases to others in a variety of ways:

- Contact with contaminated body fluids: A common way respiratory illnesses like whooping cough (pertussis) are transmitted is through contact with contaminated body fluids.
- Eating contaminated foods or beverages: Foodborne illnesses like salmonella are often spread by eating contaminated foods.

With any communicable disease, it is important to understand how the illness is transmitted and use appropriate preventative measures (such as handwashing, sanitation practices and covering your cough) to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs. Wash your hands after using doorknobs in public spaces, before and after eating and when hands are visibly soiled.

Source: <https://health.westchestergov.com/flu-information>

Help prevent the spread of the flu by following the Four "C"s.

- **Contact:** Avoid close contact with people who are sick. If you are sick, keep your distance from others to prevent them from getting sick. Equally important is avoiding contact with your eyes, nose and mouth since the virus spreads by entering the mucous membranes in these areas.
- **Contain:** If you are sick, stay home from work, school and public areas. If you have a fever, stay home until 24 hours after your fever subsides to avoid spreading your germs.
- **Cover:** To prevent spreading the flu, cough or sneeze into your elbow or cover your nose and mouth with a tissue. Since you may be contagious even before you realize you are sick, it is important to make this habit routine.
- **Clean:** Clean your hands in warm soapy water often. Hand washing is one of the most effective, yet overlooked ways of preventing the spread of illness. Also, be sure to clean surfaces you touch frequently, such as doorknobs, water faucets, refrigerator handles and telephones.

Each year in the U.S., more than 200,000 people are hospitalized with flu complications. People most at risk for complications from the flu include pregnant women, adults age 50 and older, children under the age of five and their caregivers, residents of nursing homes and other long-term care facilities and anyone who has certain underlying medical conditions.

Source: <https://health.westchestergov.com/flu-information>

Steuben County Public Health



Telephone (607) 664-2438

Fax (607) 664-2166

3 East Pulteney Square
Bath, NY 14810

After hours, if you need to report a public health emergency, such as a communicable disease, possible rabies exposure, or other notifiable condition call: 1-800-836-4444

Vroom Activity- Brain Building Moments!

Science tells us that the more we engage with our children the better they will do later in school and in life. With these Vroom activities, you have what it takes to be a brain builder!

Peekaboo Box Ages 1-2

Everyday items make great toys. Give your child an empty tissue box and a spoon. Let him/her see you put the spoon into the box. Does he/she watch? Shake the box. Reach in and take the spoon out. Giggle. Now it's your child's turn. Give him/her the spoon. What does he/she do?

Brainy Background

It's a simple game, yet your child is exploring a big idea: Objects and people still exist even when they are out of sight. Although it will take until your child is around two to really learn this, the practice is fun! Play this game often.



To learn more, go to joinvroom.org or download the free daily vroom app!

Child Abuse Hotline Information

The Statewide Central Register receives calls 24 hours a day, every day from two types of sources: persons who are required by law (mandated) to report suspected cases of child abuse and maltreatment; and calls from non-mandated reporters, including the public.

For more information visit the Office of Children and Family Services website at <https://ocfs.ny.gov/main/cps/>

Do you suspect abuse or maltreatment? Report it now and call the statewide toll-free number at 1-800-342-3720.



Child Care Aware® of Steuben and Schuyler Contact Information:

Steuben Office:
117 E. Steuben Street
Bath, NY 14810
607-776-2126

Schuyler Office:
323 Owego Street, Unit 6
Montour Falls, NY 14865
607-535-6806

Fax: 607-776-4873

Hours of Operation: M - F 8:30 am – 4:30 pm
www.proactioninc.org/CCA

Visit our social media pages:

Facebook: *Child Care Aware of Steuben and Schuyler*

Twitter: @CCAoSny

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