

# THE VACCINATOR

## FOR CHILDCARE CENTERS



SUMMER 2014 EDITION

A NEWSLETTER OF THE IMMUNIZATION PROGRAM  
AT COLUMBUS PUBLIC HEALTH

### What Every Childcare Center Needs to Know

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### Protecting Yourself and Children in your care from Mumps

- Get vaccinated or up-to-date on your MMR vaccine.
- Cover your cough or sneeze.
- Wash your hands frequently with soap and water.
- Stay home when you are sick.

**CPH is offering MMR vaccine at not cost during the outbreak.**

## MUMPS OUTBREAK 2014 — OVERVIEW

Franklin, Delaware and Madison counties are included in a community-wide outbreak of Mumps in central Ohio.

Mumps is a contagious disease that is spread person to person through the saliva or mucus from the mouth, nose, or throat of an infected person, usually when that person coughs, sneezes, or talks. Outbreaks often involve places like schools where many people share close quarters.

### What are the symptoms of mumps?

Symptoms include fever, body aches, headaches and swelling of the salivary glands under the ears or jaw. Symptoms usually appear about 16 to 18 days, but can range from 12–25 days after being exposed.



### Who is at high risk for contacting mumps?

- ◆ Anyone who has not received any doses of MMR. People born before 1987 are likely to have one dose or no doses of MMR vaccine.
- ◆ People whose parents/guardians objected to vaccinations.
- ◆ Health care workers and volunteers in a healthcare setting.
- ◆ Students in colleges and universities.
- ◆ International travelers.

### If You Become Infected with Mumps:

- Contact your healthcare provider.
- Stay at home for five days after symptoms begin.
- Cover your cough or sneeze.
- Wash your hands frequently with soap and water.

### When Do Children Get MMR?

In the state of Ohio, the 1st dose of MMR should be given at 12 to 15 months and the 2nd dose is due between 4 to 6 years.

## 2014 Measles Outbreak

The Ohio Department of Health (ODH) and affected local jurisdictions are investigating the outbreak of measles in several Northern Ohio counties.

The outbreak is linked to unvaccinated people traveling to the Philippines where measles is still common.

- ◆ Measles is an infectious, viral respiratory disease caused by the measles virus.
- ◆ It is easily spread from person-to-person through the air.
- ◆ Symptoms usually appear in 7-21 days after exposure.
- ◆ Symptoms include fever, cough, runny nose, pink eye and a rash.
- ◆ This highly contagious disease can be transmitted from four days before the rash starts to four days after the rash starts.
- ◆ To protect your health, your staff, and the children in your care, please make sure that everyone is up-to-date with their MMR vaccine.



## Hand Washing

- ◆ Hand washing is the easiest and single most effective way to prevent the spread of disease and illness
- ◆ Always wash your hands after:
  - Preparing food, especially raw meat.
  - Using the toilet or changing a diaper.
  - Touching an animal.
  - Blowing your nose, coughing or sneezing into your hands.
  - Treating wounds or caring for a sick person.
  - Handling garbage.
- ◆ Scrub your hands for at least 20 seconds. A good tip is to sing "Happy Birthday" twice while you wash.
- ◆ Supervise hand washing of toddlers and small children after they use the toilet and before they eat.

**Childcare Tools:** Posters, song, coloring sheets and activity ideas at <http://www.columbus.gov/wash-your-hands.aspx>

## Myth:

Getting the MMR shot causes Autism.

## Truth:

Studies have proven there is no connection between Autism and vaccines.

## Immunization Requirements for Childcare

- ◆ **Children:** It is recommended children are protected with DTaP, polio, MMR, Hib, hepatitis B and varicella vaccines. Doses depend on the child's age - see the immunization schedule.
- ◆ **Childcare Worker:** It is required by law that childcare workers are immunized against measles, mumps, and rubella (MMR) and against tetanus, diphtheria and pertussis (Tdap). Also, get the flu vaccine to protect yourself and the children you care for.

**For more information visit:**

- ◆ [www.odh.ohio.gov](http://www.odh.ohio.gov)
- ◆ [www.vaccineinformation.org/infants-children/](http://www.vaccineinformation.org/infants-children/)



## Lead Testing

**Columbus Public Health offers free lead testing for children 6 months to 6 years of age.** Medical follow-up services for children with lead poisoning in Columbus and Worthington also available. Please call Kristin Elder at (614) 645-5315 for more information.

## IMMUNIZATION CLINICS

### Columbus Public Health Immunization Clinics

#### 240 Parsons Avenue:

Monday 8:00 am - 2:15 pm  
 Tuesday 10:00 am - 6:15 pm  
 Wednesday 8:00 am - 11:15 am  
 Thursday 8:00 am - 4:15 pm  
 Friday 8:00 am - 4:15 pm  
 Saturday **CLOSED**

#### Worthington United Methodist Church - 600 High St, Worthington:

3<sup>rd</sup> Tuesday of every month  
 1:00 pm - 4:00 pm

- ◆ More information is available on our phone line 614-645-7945 and on our website [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)
- ◆ Remember to bring a **current shot record**.
- ◆ No appointment needed to come to the clinic. It is **first-come, first-serve**. If there are too many people waiting, we may stop taking new people before the usual closing time.

### Franklin County Public Health Immunization Clinic

Franklin County Public Health offers children's shots at 14 locations in the community.

#### Please Note:

- ◆ Clinics – **Appointment needed**  
 Call 614-525-3719
- ◆ View calendar online at:  
<http://www.myfcph.org>
- ◆ July 31, August 7, and August 14 from 10 am to 1 pm.
- ◆ Parent/guardian must be present for child to receive shots.

## PREPARE AHEAD FOR BACK TO SCHOOL

It is best to plan ahead for the 2014-2015 school year, before vaccine clinics get too busy.

- ◆ Encourage parents to check their child's vaccine records and the immunization schedule to see what they may need to have before school starts.
- ◆ Plan ahead—your time is valuable, don't wait in those long lines at the last minute, **COME NOW!**
- ◆ If parents can't get their child into the doctor's office on time, they may bring their children to Columbus Public Health or Franklin County Public Health for the shots they need.

### Immunization Schedule:

For a current schedule for Ohio, go to [www.odh.ohio.gov](http://www.odh.ohio.gov).

## BACK TO SCHOOL CLINICS

**July 31, August 7 & 14**  
**10:00 am - 1:00 pm**

During the 2014 Farmers Markets at Columbus Public Health

240 Parsons Ave., Columbus, OH  
 (on the front lawn)  
 For children of all ages.



## TRAINING OPPORTUNITY

### 6-Hour Communicable Disease Training Course for Childcare Providers

- ◆ Learn the importance of preventing illness in the child care centers.
- ◆ This course meets the training requirements for child care centers set by Ohio Department of Job & Family Services. Registration required to attend class. Cost \$30.00
- ◆ The next available class is July 12, 2014 (9:00 am - 3:30pm). Call 614-645-3626 for more information.
- ◆ Register online: <https://cphsystems.org/webpay/>
- ◆ Check our website for upcoming dates and registration details: <http://publichealth.columbus.gov>



# WASH YOUR HANDS

for as long as it takes for  
you to sing the HAPPY  
BIRTHDAY song to make sure  
they are clean.

