



### **Adenoviruses**

**Adenoviruses** are common viruses that typically cause mild cold- or flu-like illness. Adenoviruses can cause illness in people of all ages any time of year.

#### **Adenoviruses can cause a wide range of illnesses including:**

- common cold- or flu-like symptoms
- fever
- sore throat
- pink eye (conjunctivitis)
- acute bronchitis (inflammation of the airways of the lungs, sometimes called a “chest cold”)
- pneumonia (infection of the lungs, occasionally severe)
- diarrhea
- acute gastroenteritis (inflammation of the stomach or intestines causing diarrhea, vomiting, nausea, and stomach pain)

#### **HOW ADENOVIRUSES SPREAD**

Adenoviruses are usually spread from an infected person to others through:

- close personal contact, such as touching or shaking hands
- the air by coughing and sneezing
- touching an object or surface with adenoviruses on it, then touching your mouth, nose, or eyes before washing your hands
- contact with stool, for example, during diaper changing

#### **Protect yourself from getting sick.**

- Wash your hands often with soap and water for at least 20 seconds, and help young children do the same.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.

#### **When you are sick, protect others.**

- Stay home when you are sick.
- Cover your mouth and nose when coughing or sneezing.
- Avoid sharing cups and eating utensils with others.
- Refrain from kissing others.
- Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom.

**WE ARE WORKING WITH SANITATION ON TIPS AND WILL START INCLUDING THOSE IN THE NEWSLETTER ONCE WE GET FURTHER DETAILED INFORMATION FROM THEM**

# Child Care Health Consultant Monthly Newsletter

May 2023



**Cabarrus Partnership**  
for children



## 2022-2023 Training Calendar

**PLEASE NOTE: NEW LOCATION!**

**ITS/SIDS:** May 15th, July 17th, and October 23rd

To Register Call/Email Lissy at the Partnership: 704-933-8278 or [lvrios@cabarruspartnership.org](mailto:lvrios@cabarruspartnership.org)

**CPR/FA:** June 5th, and September 11th

To Register Call/Email Debra Pless or Melissa Jones to schedule.

**\*\*CPR Class MUST be paid prior to class via cash, check or PayPal\*\***

**\*\*\*ALL CLASSES are NOW AT MCGILL LEARNING CENTER from 6—8 p.m.\*\*\***

**375 George W Liles Pkwy, Concord, NC 28027**

**ENTER THROUGH SIDE DOORS**

**LEFT SIDE OF THE BUILDING NEAR THE DUMPSTER**

**IF YOU ARE MORE THAN 10 MINUTES LATE YOU WILL BE ASKED TO RESCHEDULE—**

## **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

**FREE COVID TESTS!!!**

**Free for the whole community**

**Available at McGill Learning Center**

**375 George W Liles Pkwy, Concord, NC 28027**

**Monday—Friday 9 a.m. to 11 a.m.**