



Smart Start

Each Child. Every Community.



Child Care Health Consultant Newsletter — October 2026

WHAT IS RSV?

Respiratory syncytial virus, or RSV, is a common respiratory virus that infects the nose, throat, respiratory tract, and lungs. RSV symptoms are not specific, which makes it difficult to distinguish RSV from the common cold or other respiratory viruses (like the flu or COVID-19). RSV spreads in the fall and winter along with other respiratory viruses. It usually peaks in December and January.

RSV can spread when:

- ▶ A person who has RSV coughs or sneezes near you.
- ▶ Droplets from a cough or sneeze that contain the virus get in your eyes, nose, or mouth.
- ▶ You have direct contact with someone with RSV, like kissing the face of a child with RSV.
- ▶ You touch a surface that has the virus on it, like a doorknob, and then touch your face before washing your hands.



People of any age can get RSV, but typically most people get RSV for the first time as an infant or toddler. Nearly all children will get RSV before their second birthday. However, repeat infections may occur throughout life.

People with RSV are usually contagious for 3 to 8 days and may become contagious a day or two before they start showing signs of illness. However, some infants and people with weakened immune systems can continue to spread the virus for 4 weeks or longer, even after they stop showing symptoms.

RSV can survive for many hours on hard surfaces, such as tables and crib rails. It typically lives on soft surfaces, such as tissues and hands, for shorter amounts of time. Everyone can take actions to help reduce the spread of RSV and other respiratory viruses.



Practice good hygiene by covering your coughs and sneezes, washing or sanitizing your hands often, and cleaning frequently touched surfaces.



Take steps for cleaner air, such as bringing in fresh outside air, purifying indoor air, or gathering outdoors.



Stay home and away from others when you are sick.



You can also use additional tools like masks, physical distancing, and testing.



2026 Training Calendar



ITS/SIDS: October 5

To Register for ITS/SIDS Call/Email:
Lissy at the Partnership: 704-933-8278 or lissy@cabarruspartnership.org



CPR/FA (\$50 payment due one week prior): CONTACT YOUR CCHC DIRECTLY

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

****NO CELL PHONES ALLOWED****

*****ALL CLASSES are 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—NO REFUNDS!

IF PAYMENT IS NOT RECEIVED ONE WEEK PRIOR, REGISTRATION WILL BE REMOVED NO EXCEPTIONS!!!



NEW CLASS GUIDELINES:

1. Class size is limited to 25 spaces due to limited seating, if you have staff not coming please be kind and call or email Lissy to cancel.
2. No more than 2 participants per facility may be registered unless room becomes available one week prior.
3. Please contact Debra or Melissa directly for CPR/FA dates.
4. NO CHILDREN.
5. Please make every effort on time, traffic can be heavy so please extra time, if you are more than 10 minutes late you will be not be allowed in.
6. If you are NOT REGISTERED AND HAVE NOT PAID ONE WEEK PRIOR TO CLASS, you WILL NOT be admitted to the class.
7. DO NOT contact McGill Learning Center directly about classes.



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