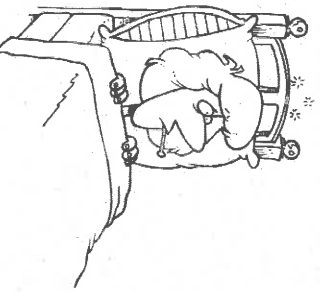


Spreading Viruses

- Colds and the flu are usually spread by coughs and sneezes. When you cough or sneeze you spread droplets of the viruses from your respiratory tract.
- These viruses can spread person to person by coughing or sneezing in someone's face. They can also be spread by environment to person—such as sneezing into your hand and then touching a doorknob. When someone else touches the doorknob and then touches their mouth, they may be the next person to get sick. When coughing or sneezing, cover your mouth using your arm or a tissue and throw your used tissue away.
- If someone in the household is ill with a cold or flu, clean 'high touch' areas—doorknobs, phone, keyboards, and refrigerator door handle with a household disinfectant more frequently.



About Us

River Oak Center for Children was established in 1966. It has been awarded the Gold Seal of Approval™ by the Joint Commission on Accreditation of Healthcare Organizations.

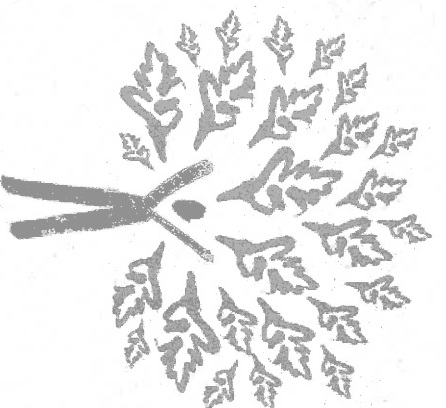
Mission Statement

River Oak Center for Children helps children and youth who need support, coaching, and treatment to thrive at school, at home, and in the community. Through innovative and evidence-based programs, River Oak strengthens children, youth, and families to manage life's challenges and achieve their full potential.

Contact Us

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River Oak Center for Children complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



River Oak
Center for Children

Proven Programs,
Sound Delivery,
Healthy Communities



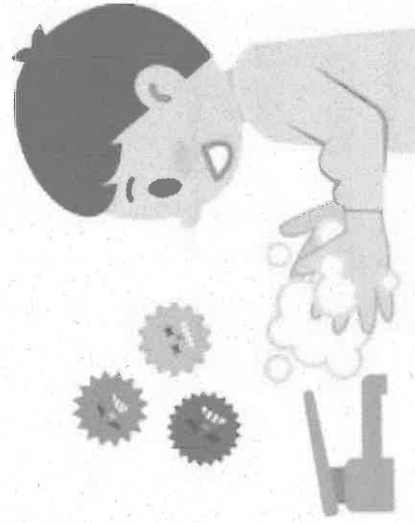
Infection Control
A Guide to Staying Healthy

In collaboration with Sacramento County Department of Health and Human Services Division of Behavioral Health Services.

Hand Hygiene

Steps for proper hand washing with soap and water:

1. Wet hands first.
2. Wash with soap and water for at least 15 seconds. Work up a lather and make sure to clean areas between your fingers, around rings, and under your fingernails.
3. Rinse hands thoroughly.
4. Dry your hands with paper towels by patting and not rubbing.
5. Use the paper towel to turn off water faucets so you do not contaminate your hands.



Prevent & Minimize Exposer to the Flu

- Avoid close contact with people who are sick.
- When you are sick or have flu like symptoms, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often is a MUST!
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

MRSA (Methicillin-Resistant Staphylococcus Aureus)

- MRSA is a type of bacteria that can cause skin and other types of infections. Most MRSA skin infections are mild but some could become serious. Frequently MRSA skin infections look like a bump or reddened area on the skin. It may be swollen, red, painful, warm to the touch or full of pus. Avoiding direct contact with possible skin infections is the best way to protect yourself.
- Keep cuts and scrapes covered to prevent the spread of bacteria to others and the environment.
- If you are concerned that the area is infected, contact your healthcare provider.
- Discard used bandages in the trash. Wash your hands after changing a bandage or touching the area.
- Do not share personal items such as towels, razors or clothing that may have had contact with the infected skin or soiled bandages.
- Wash linen and clothes with your household laundry detergent in the warmest water recommended for that type of material. Dry completely in a dryer.

Vaccines

Get all of the appropriate vaccines. Check with your healthcare provider to be sure that your children have had all of their age appropriate vaccinations. An annual influenza (flu) vaccine may be indicated for everyone in your household.

