



2018

# Child Care News

Child Care Resource & Referral

[www.plumasruralservices.org](http://www.plumasruralservices.org)

How many licensed Family Child Care Homes do we have in Plumas County?

- Quincy 14
- Chester 7
- Portola 1
- Indian Valley 3
- Almanor Peninsula 1

How many Centers do we have in Plumas County?

- Quincy 4
- Chester 1
- Greenville 2
- Portola 5

Congratulations to our three new Quincy providers:

Aimee Hamilton

Amy Napoleon

Julianna Arteaga

Congratulations to Kristen McCann our new provider in Chester.

Seasonal influenza now epidemic in Plumas according to the to the Plumas County Public Health Agency.

**It is not too late to get a flu shot!**

The following may help to avoid the spread of the flu:

- Wash your hands often with soap and water.
- Clean the items you touch frequently especially if other people touch them as well.
- Do not touch your face.
- Keep away from sick people.
- Cover your nose and mouth when you cough or sneeze, use a tissue or your elbow.
- If you are sick or feel sick, stay away from others.

Symptoms of the flu usually include sudden onset of fever, cough or sore throat, and muscle and body aches. These are also accompanied by headache, runny or stuffy nose, fatigue and sometimes nausea, vomiting or diarrhea.

Please stay home from work, school or other public places until all symptoms have resolved.

## Mandated Reporter Training

<http://www.mandatedreporter.ca.com>

You must have proof of passing this training by March 30, 2018 or Community Care Licensing may issue a citation on your next visit. Print a copy and keep it with your files. This training will need to be repeated every two years to stay in compliance.

## Have you obtained your Registry Number?

[www.caregistry.org](http://www.caregistry.org)

The California Early Care and Workforce Registry is a web based system to track providers and teachers training and education accomplishments.

### *Upcoming Dates and Events*

#### **CPR/First Aid Classes**

Quincy: Plumas District  
Hospital 530-283-2121

Chester: Brian Hermo  
530-616-0309

Portola: Plumas Eureka Fire  
District 530-836-1953

- March TBD Provider Cafe
- April 13-20 Week of the Young Child
- May 5 Zoe Sameth, M.S. learn mindfulness, relaxation and stress reduction techniques.
- May 11 Provider Appreciation Day
- May 19 Children's Fair Quincy

Please call Debbie Guy 530-283-4453  
ex 824 for more information



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Serving People, Strengthening Families, Building Communities