



April 2026

CCDBG TIMES

California Indian Manpower Consortium, Inc. 
Child Care and Development Block Grant Program



What's Inside:

Resource
Pages
2-3

Common
Illnesses
4-5

Illness
Prevention
6-7

CCDBG
Program Info.
8

This edition of the CCDBG Times focuses on the importance of preventing illness. Although some illnesses are inevitable, we believe that we can all work together to reduce the spread of harmful germs that cause illness. This effort will not only help protect our families, but also the most vulnerable members of our communities.

Our program is dedicated to equipping our participating tribes, families, and providers with essential information and supplies that foster healthier environments. Join us in our mission to create safer and healthier spaces, benefiting not just our loved ones but everyone in our community.

- The CIMC CCDBG Program Staff



BrightLife Kids

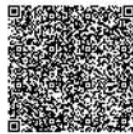
A CalHOPE program by Brightline

GET SUPPORT WITH THE TOUGH STUFF AND HELP YOUR CHILD THRIVE

• NO COSTS ATTACHED • NO INSURANCE REQUIRED • NO REFERRALS NEEDED

FOR FAMILIES WITH CHILDREN AGED 0-12

- ✓ 1:1 coaching with diverse, bilingual coaches
- ✓ Guidance and referrals to community resources
- ✓ On-demand digital tools and resources
- ✓ Peace of mind



SCAN HERE

brightlife.kids/ca 888-275-5357 ce@helloworldbrightline.com



Help your kids get more physical activity

Use this tool to find ways to fit more activity into their day.



To learn more, scan the QR code or visit the link below.

<https://health.gov/moveyourway/get-kids-active>

2-1-1

GET CONNECTED.
GET HELP.

Provides information and referral (I&R) services connecting people to local community government, non-profit and faith-based services

TYPES OF SERVICES LISTED IN 2-1-1 DATABASE INCLUDE:

- Food
- Shelter
- Transportation
- Mental Health
- Legal Assistance
- Environmental
- Domestic Violence
- Sexual Assault
- Child Care
- Aging Services
- Youth Services and more

DIAL 2-1-1

TEXT 898-211

LEARN MORE 211.ORG

Cal HHS YOUTH MENTAL HEALTH RESOURCES

www.chhs.ca.gov/youthresources



Free mental health resources for youth, young adults, and families.



United States CONSUMER PRODUCT SAFETY COMMISSION



A MUST-CHECK RESOURCE FOR PARENTS

- ✓ Ensures awareness of potential hazards from consumer products
- ✓ Provides safety alerts for items like toys, furniture, and clothing
- ✓ Helps identify risks such as choking, fires, or other injuries
- ✓ Offers guidance on obtaining refunds, repairs, or replacements

WWW.CPSC.GOV

CalKIDS

The first step toward college



CalKIDS gives children in California a jump start on saving for college or career training!

RECEIVE UP TO \$1,500 IN COLLEGE SAVINGS FOR YOUR CHILD'S FUTURE!



Check your eligibility at CalKIDS.org today!

California Indian Manpower Consortium, Inc.

THE CIMC MOVEMENT: CREATING POSITIVE CHANGE FOR NATIVE COMMUNITIES



CONNECT WITH US



WATCH OUT FOR FUTURE POSTS WITH IMPORTANT INFORMATION!



SCAN ME

Learn the Signs. Act Early.

Help your child grow and thrive

Your child's early years are so very important. Tracking how your little one plays, learns, speaks, acts, and moves helps you support their development.

Download CDC's free *Milestone Tracker* app to find fun and easy activities for each age.



Track & Share Milestones



Get Tips & Activities



Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker

988

SUICIDE & CRISIS LIFELINE

• 24/7 • Free • Confidential

DIAL OR TEXT: 988

988 Videophone is available for American Sign Language

suicidepreventionlifeline.org



SESAME WORKSHOP



RESOURCES FOR CHILDREN AND FAMILIES



sesameworkshop.org

TOPICS INCLUDE:

- Emotional & Mental Health
- Specialized Support
- School Readiness & Education
- Health & Well-being

Bluestone Health



THE BLUESTONE DIFFERENCE AVERAGE WAIT TIME FOR EXPERT CARE

<4 HOURS

A Primary Care Clinician

<24 HOURS

A Dietitian

<24 HOURS

A Therapist

SCAN THE QR CODE OR VISIT
BLUESTONEHEALTH.COM



National Maternal Mental Health Hotline

- Always Free - 24/7
- Support & Resources
- Confidential Call & Text
- 60+ Languages

Call or text 1-833-TLC-MAMA
(1-833-852-6262)

**DON'T WAIT
REACH OUT TODAY!**

Native American Children experience PTSD at the same rate as combat veterans.



We are Resilient.

Healing from intergenerational trauma is possible.



STRONGHEARTS
Native Helpline

strongheartshelpline.org
1-844-7NATIVE (762-8483)

COMMON ILLNESSES



This guide offers basic information about the most common illnesses that children tend to catch. Please be aware that this content is sourced from [CDC.gov](https://www.cdc.gov) and should **not** be considered medical advice. Scan the QR codes to discover more!

COMMON COLD

What is it?

- * A viral infection of the upper respiratory tract that usually last less than a week.

Symptoms:

- ▶ Runny nose
- ▶ Sore throat
- ▶ Cough
- ▶ Congestion
- ▶ Sneezing
- ▶ Mild Fever
- ▶ Mild body aches



FLU

What is it?

- * A contagious respiratory illness that affects the nose, throat, and sometimes lungs.

Symptoms:

- ▶ Fever/Chills
- ▶ Cough
- ▶ Sore throat
- ▶ Runny nose
- ▶ Headaches
- ▶ Fatigue
- ▶ Body aches
- ▶ Vomiting
- ▶ Diarrhea



RSV

What is it?

- * A common respiratory virus that infects the nose, throat, respiratory tract, and lungs.

Symptoms:

- ▶ Runny nose
- ▶ Cough
- ▶ Congestion
- ▶ Irritability
- ▶ Sneezing
- ▶ Fever
- ▶ Wheezing
- ▶ Loss in appetite



HAND, FOOT, AND MOUTH DISEASE

What is it?

- * A very contagious illness that spreads quickly, and anyone can catch.

Symptoms:

- ▶ Painful mouth sores that blister
- ▶ Rash found on the hands & feet
- ▶ Sore throat



NOROVIRUS

What is it?

- * A highly contagious virus, often referred to as the "stomach flu" or "stomach bug."

Symptoms:

- ▶ Diarrhea
- ▶ Vomiting
- ▶ Nausea
- ▶ Body aches
- ▶ Fever
- ▶ Headaches
- ▶ Stomach Pain
- ▶ Dehydration



STREP THROAT

What is it?

- * A bacterial infection in the throat and tonsils.

Symptoms:

- ▶ Pain when swallowing
- ▶ Fever
- ▶ Red and swollen tonsils
- ▶ Petechia
- ▶ Swollen lymph nodes



Remember: Always consult a doctor regarding any health or medical concerns.

WHEN TO STAY HOME



Keeping your child at home when they are sick or don't feel well is one of the most effective ways to help prevent the spread of germs and illness.

KEEP KIDS HOME IF:

If a child shows any of these symptoms, they should stay home and not be around others.

- ▶ Fever or chills
- ▶ Vomiting or diarrhea
- ▶ Sore throat
- ▶ Rash or skin irritation
- ▶ Pink eye
- ▶ Respiratory issues
- ▶ Unusual pain
- ▶ Fatigue, or irritability

CALL A DOCTOR IF:

- * High fever that doesn't improve
- * Symptoms seem to worsen
- * Symptoms last longer than expected



If you're ever unsure about keeping your child home, it's always best to consult a doctor.

WHEN CHILDREN CAN RETURN:

- Fever-free for at least of 24 hours without medication
- No vomiting or diarrhea for the past 24 hours
- Return of normal appetite
- Overall symptoms have improved
- Child is healthy enough to engage in activities
- Child is no longer contagious



For further details on when to keep your child at home, please visit [CDC.com](https://www.cdc.com) for the most up-to-date guidelines and recommendations.

UNDERSTANDING GERMS

Kids get sick, and some more often than others. Knowing how germs spread and what we can do to help reduce their spread not only helps kids get better faster but also keeps others from getting sick.

WHAT ARE GERMS?

Germs are microscopic living organisms that we can't see without a microscope. While some germs are beneficial and contribute to our health, others can be harmful and may cause serious illness.



TYPES OF GERMS

- ▶ Bacteria
- ▶ Fungi
- ▶ Viruses

HOW GERMS SPREAD

- 🦠 **Physical Contact:** Hugging, kissing, shaking hands, and exposure to bodily fluids like blood, saliva or mucus.
- 🦠 **Touching:** Touching contaminated surfaces or items.
- 🦠 **Airborne:** When an infected person breathes, talks, coughs, or sneezes, they release droplets containing germs into the air that we breath in.
- 🦠 **Poor Ventilation:** Germs circulate in poorly ventilated indoor spaces.
- 🦠 **Fecal-Oral:** Germs from feces can be transferred to the mouth if hands are not properly washed.



WHERE GERMS COMMONLY SPREAD



Schools and Daycares



Restrooms



Parks and Playgrounds



Common Surfaces



Shared Objects



Electronics

TIPS FOR CLEANING TO REDUCING GERMS

- 🧼 **Disinfect Common Areas:** Frequently clean and disinfect high-touch surfaces such as counters, doorknobs, sink handles, and light switches.
- 🌬️ **Ventilate Rooms:** Open up windows to allow fresh air to circulate indoors.
- 🪥 **Replace Toothbrushes:** Replace your child's toothbrush after they've been sick to prevent lingering germs from causing reinfection.
- 🧸 **Disinfect Shared Items:** Frequently clean and disinfect shared items such as toys, electronics, and even your child's favorite plush toys to eliminate germs and allergens.
- 🛏️ **Change Pillowcases More Often:** Swap them out every few days, especially if your child is unwell, to reduce germ exposure.



Maintaining a clean, sanitized, and disinfected environment can significantly decrease the spread of infectious diseases. Scan the QR code for resources to help you set up a regular cleaning schedule.

EVERYDAY ACTIONS

Below are simple everyday actions we can all do to not only reduce the spread of illness but to ensure we keep our loved ones safe and healthy!

FREQUENT HANDWASHING



- ▶ Wash hands with warm, soapy water for at least **20 seconds**.
- ▶ If handwashing is not available, use hand sanitizer.

RESPIRATORY ETIQUETTE



- ▶ Sneeze or cough into crook of elbow.
- ▶ Cover mouth and nose with a tissue.
- ▶ Never cough or sneeze into hands!

HANDS OFF FACE



- ▶ Teach kids to avoid touching eyes, nose, and mouth.
- ▶ Always wash hands before touching your face!

AVOID SHARING PERSONAL ITEMS



- ▶ Discourage sharing of cups, water bottles, utensils, toothbrushes, lip balm, or food.
- ▶ Always wash and disinfect shared items!

HEALTHY HABBITTS



- ▶ Eat a lots of fruits and vegetables to support a healthy immune system.
- ▶ Drink plenty of water.
- ▶ Ensure everyone gets enough sleep.

CURRENT VACCINATIONS



- ▶ Keep children up-to-date on vaccinations.
- ▶ Make sure everyone who is able to gets an annual flu shot.

HELPFUL RESOURCES

SESAME WORKSHOP



sesameworkshop.org

PBS FOR PARENTS



pbs.org/parents/healthy-me

fit



fit.sanfordhealth.org

USDA U.S. Department of Agriculture
Agricultural Research Service



aglab.ars.usda.gov



CIMC CCDBG PROGRAM

DO YOU NEED HELP PAYING FOR YOUR CHILD CARE?

The CIMC CCDBG Program may be able to help!

MUST BE FROM ONE OF THESE TRIBES

- Cahuilla Band of Indians • Kletsel Dehe Wintun Nation
- Coyote Valley Band of Pomo Indians • Fort Independence Indian Reservation
- Lone Pine Paiute-Shoshone Reservation • Mesa Grande Band of Mission Indians
 - Morongo Band of Mission Indians • Pala Band of Mission Indians
- San Pasqual Band of Mission Indians • Santa Rosa Band of Cahuilla Indians
 - Santa Ynez Band of Chumash Indians • Iipay Nation of Santa Ysabel
 - Sherwood Valley Band of Pomo Indians • Tuolumne Me-Wuk Indians
 - Habematolel Pomo of Upper Lake

CONTACT US FOR MORE INFORMATION OR
TO HAVE AN APPLICATION SENT TO YOU
(916) 925-3582 OR (800) 593-5273



To learn more, scan the QR Code
or go to our website CIMCINC.ORG

