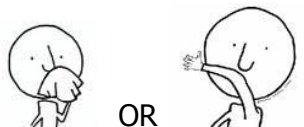


Dear Parent,

We are taking steps to keep our children healthy and we need your help. Using the suggestions below will help you prevent influenza illness in your child, your family, and other children.

- **Know the symptoms of influenza.** The symptoms of influenza include fever (100 degrees orally Fahrenheit or above), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may vomit or have diarrhea.
- **Do not send sick children to child care.** Influenza spreads very easily. Please stay alert for the symptoms of influenza in your family. Any child who becomes sick at child care will be sent home. Call us to let us know your child is sick. You should begin now to plan how you will provide care for your sick child if you are not able to stay home with them.
- **Keep sick children at home.** Children with influenza-like illness should stay home for 24 hours after they no longer have a fever or signs of a fever. Aspirin should NEVER be given to children under age 19 years to reduce a fever. Cough and cold medicines should NOT be given to children under age 6 without physician guidance.
- **Returning child to child care.** Your child cannot have a fever, or be using fever lowering medicine, (like Tylenol or ibuprofen) for 24 hours before the child may return to child care. Your child will likely be absent from child care for 3-5 days and maybe longer. Please do not bring your child back to child care before the child has fully recovered.
- **Teach children influenza is spread from person-to-person.** Help us teach children to cough or sneeze into a tissue and then throw the tissue in the trash. When tissues are not available, teach children to cover their cough or sneeze using their elbow or sleeve instead of their hands as that can spread germs.



- **Teach children to wash their hands.** Older children should be taught to wash their hands often with soap and water and every time after they cough or sneeze. Parents should wash the hands of young children. Parents can set a good example by doing this themselves.
- **Teach children not to share their personal items.** Older children should be taught to not share items like beverages, cups, food, unwashed eating utensils, or toothbrushes. Parents must closely watch the behaviors of young children to reduce the spread of disease.
- **Get your family vaccinated.** All family members should be vaccinated for seasonal influenza now, and for novel influenza A (H1N1) when that vaccine becomes available.

Thank you for helping to keep all our children healthy.

Sincerely,