

October 26, 2009

Dear Parents:

We want to share information with you regarding your family's health and this year's influenza in regards to when **not** to take your child to the child care centre/AOK or the provider's home.

The Day Nurseries Act states that child care staff must refuse a child who has an infectious illness, fever, vomiting or diarrhea. When these symptoms are present, the illness may spread quickly to everyone in the program. The following is information made available by York Region.

Everyone is encouraged to follow the usual infection control precautions to stay healthy and reduce the risk of illness. Precautions include: washing your hands well and often, coughing and sneezing into your sleeve, staying home when you are ill and cleaning and disinfecting shared surfaces. You can help reduce the impact of illness in our community by teaching and encouraging your children to do the same.

Prior to sending your children to our programs, you are encouraged to check them for symptoms of influenza-like illness. Symptoms of influenza-like illness are the acute onset of respiratory symptoms with **fever (over 100 degrees Fahrenheit/38 degrees Celsius), chest discomfort and cough** and one or more of the following: **sore throat, muscle aches, headaches, joint pain or weakness**. In children under five years of age, **vomiting or diarrhea** may also be present and **fever may not be prominent**.

If your child is ill or exhibiting flu-like symptoms, please **keep your child at home** until she/he feels better and is no longer exhibiting flu-like symptoms. **Children who become ill while in care will be isolated and will need to be picked up.**

The **incubation period** for H1N1 influenza is thought to be up to 4 days and a person can remain infectious to others for up to 7 days from the onset of flu symptoms.

We encourage everyone to take all possible precautions to prevent the potential spread of germs. We will continue to monitor announcements as they are released and advise you of any changes.

If you have any concerns about your child's health, please contact your family physician or call Telehealth Ontario at 1-866-797-0000 (24 hours a day/7 days a week). Additional information and resources are posted on www.york.ca , www.ycdsb.ca , www.simcoemuskokahealth.org or www.yrdsb.ca.

Sincerely,

Pat Henry
Executive Director