



Dear Parents;

With the onset of winter comes cold and flu season. Every year there are issues that arise for parents and child care arrangements. The main question is when **not** to take your child to the child care centre/OEYC or the caregiver'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. Your child will probably be too ill to be away from the comfort of their own home as well.

We know how difficult it is to balance work and child care needs, but parents should try to have an emergency back-up when their child is ill.

Children need not be excluded for minor illnesses such as colds unless other symptoms are present.

We have enclosed some general information sheets that may help you determine whether to keep your child at home.

If you have any concerns, please do not hesitate to contact your Centre Supervisor or Program Manager.

Have a healthy winter!!

The Staff



Memorandum

To: All staff and parents
 From:
 Re: H1N1 Influenza
 Date: September, 2009

We are continuing to monitor announcements made by the World Health Organization (WHO) and our local regional Public Health Departments. Since we last communicated with you, the H1N1 influenza has reached level 6 and has been declared a pandemic by the WHO. I'm sure you have heard the many warnings over the summer that this fall's flu season will likely be more severe than usual because of the presence of the H1N1 flu virus.

In an effort to be as proactive as possible and work to reduce the risks of infection, we have a few reminders for staying healthy. It is always good practice to:

- wash your hands well and often with soap and warm water — if soap and water are unavailable, use a 60% to 90% alcohol-based sanitizer.
- cover your mouth and nose when you cough and sneeze; sneeze or cough into your sleeve or arm, not your hand.
- contact your doctor and stay home if you are ill.
- stay home until 24 hours after symptoms are resolved or up to eight (8) days from when you became ill (onset of symptoms) whichever is longer.

Symptoms to watch for

The following chart illustrates the major differences between cold and flu symptoms.

signs & symptoms	a cold	the flu
Fever	occasional	often above 38.5°C for 2 to 4 days
Headache	frequent, but not severe	prominent and often severe
Aches/pains	slight	often severe
Fatigue/weakness	mild	can last 2 to 3 weeks
Extreme exhaustion	never	early and prominent
Stuffy nose	common	occasional
Sore throat	common	occasional
Cough	hacking	can be severe
Chest discomfort	mild to moderate	common, can become severe
Onset	gradual, develops over a day or two	sudden, within a few hours
Cause	200 strains of cold virus	3 strains of influenza virus

In keeping with the Day Nurseries Act, children displaying any of the above symptoms of ILI, they should be kept home until symptoms completely disappear. This is a good preventative practice to avoid the full onset and spread of the H1N1 flu virus and to reduce the risk of spreading germs to others.

Symptoms of the H1N1 flu virus for both adults and children include:

- headache
- chills and cough
- followed by fever
- loss of appetite
- muscle aches and fatigue
- runny nose
- watery eyes
- throat irritation
- nausea, vomiting and diarrhea may also occur.

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.

People who have symptoms of respiratory illness should contact their health care provider or call TeleHealth Ontario at 1-866-797-0000.

The Day Nurseries Act requires that emergency contact information is updated at all times. Please ensure that your child's contact information is current in case we need to contact you.

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.