



Early Childhood Development Center
Saint Mary's College and the University of Notre Dame

August 31, 2009

Dear Early Childhood Development Center Families,

As we anticipate an increase in flu cases with the onset of autumn, we are writing to share our guidelines regarding the temporary exclusion of children and adults from ECDC who exhibit flu-like symptoms. This plan is implemented because the Center for Disease Control (CDC) and other health authorities believe these guidelines will best protect the health and well being of all of us.

- Whenever your child has a fever of 100° F [37.8°C]) or more and/or a sore throat and cough your child should not come to ECDC. It is recommended that adults with a fever of 100° F [37.8°C]) or more and/or a sore throat and cough stay home and keep away from workplaces, schools and other public venues. If an ill parent is bringing a child to school, please call us and an ECDC staff member will come out to meet you at your car.
- Individuals with a flu-like illness should stay home for at least 24 hours after they no longer have a fever (100° F [37.8°C]) without the use of fever-reducing medicines.
- No fever means fever free without the use of fever-reducing medicines like acetaminophen or ibuprofen for 24 hours.
- Having only a cough is not a reason to stay home, as after many illnesses a cough may linger for sometime.

➤ We also ask that you CALL ECDC at ECDC-SMC: 284-4693 or ECDC-ND: 631-3344 to report your child's illness. We need to know that your child will not be in school, the reason for the absence, and the symptoms you observe. If there is no answer please leave a message with the above information.

ECDC will continue to implement the CDC recommendations that include diligence with hand washing, including hand washing - after using the bathroom, before eating, after coughing and sneezing, and upon arrival each day. ECDC staff will assist the children with learning how to cover coughs and sneezes and with the appropriate use of tissues when coughing and sneezing. Ill children will be separated from the other children in the ECDC office/sick child area and will be sent home promptly when exhibiting flu-like symptoms and/or a fever.

For more information, these may be helpful websites:

- > How to recognize a person that may have the flu, and what to do. See www.pandemicflu.gov
- > How to care for ill family members. See www.hhs.gov/pandemicflu/plan/sup5.html#box4
- > How to develop a family plan for dealing with a flu pandemic. See www.pandemicflu.gov/planguide
- > Frequently Asked Questions about H1N1 - American Academy of Pediatrics www.aap.org/advocacy/releases/may09swinefluqanda.htm

We appreciate everyone's understanding and cooperation. Please do not hesitate to contact me with any questions at 631-3344 or tkosik@saintmarys.edu.

Sincerely,

Terri Kosik

Executive Director