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OESD Head Start / ECEAP / Early Head Start
Exposure Notice

Date:

To: All Parents

From: Your Child's Classroom

Subject: **INFLUENZA**

Your child may have been exposed to flu-like illness. Please watch for signs of it in the next one to three days.

Appearance: Sudden fever, chills, cough, sore throat and aching muscles. Also may have headache, runny nose and feel tired. *(24 hour duration nausea, vomiting, diarrhea is usually NOT influenza.)*

Cause: Virus

Spread: Virus is found in nose and throat discharges. Avoid sharing cups, foods, and tissues. Cover mouth when coughing or sneezing. Wash hands after contact with nose and throat discharge.

Treatment: Follow doctor's recommendations. Help child recover by encouraging rest, food, and plenty of liquids to drink.

Return to Class: Follow doctor's recommendations. Flu can be a serious illness. If your child has flu-like symptoms s/he can return to care/school after being fever free for 24 hours without receiving any fever reducing medications. Ibuprofen and acetaminophen are two examples of fever reducing medications.

If you have questions, please contact your classroom's Family/Health Advocate, the Health Program Manager 360-478-6878, or the Kitsap Public Health District Communicable Disease Nurses at 360-728-2235.

If staff have concerns about a child's ability to safely return to class, we reserve the right to request a note from the child's health care provider.
