



## **H1N1 Prevention**

Dear Parents,

The following are steps that you should use to protect the health of your child, other students and the staff at Del Mar Hills Nursery School.

Influenza spreads easily from person to person. These steps will help reduce the spread of the virus. Additionally, we ask parents to notify us when their child is ill and the nature of the illness so that we may keep track of the type of illnesses that are going around.

- Teach your child to wash their hands with soap and water or use hand sanitizer upon entering and when exiting the school. We provide hand sanitizer next to the sign in/out log in the entryway of the school. The teachers also have the children wash their hands with soap and water before snack and lunch times.
- Teach your child to cough or sneeze into a tissue or in the crook of the arm rather than the hand. This will help limit the spread of virus.
- Teach your child to wash hands after blowing the nose or accidentally sneezing or coughing into the hands.
- Teach your child not to share personal items like drinks, food or unwashed utensils.
- Give your children lots of hugs and kisses but refrain from kissing them on the lips.
- Know the signs and symptoms of the flu: Fever over 100 degrees, cough, sore throat, lethargy, body aches, chills, runny or stuffy nose, headache, glassy eyes. Some viruses include diarrhea and vomiting.
- Keep your child at home if a combination of the above symptoms are present. By keeping your child home when symptoms are present will help prevent new cases from occurring.
- Do Not pre-medicate your child with acetaminophen, ibuprofen and/or cough syrup to mask an illness. The effects of the medicine will wear off, symptoms will be patent and the child will be sent home.
- Your child must be fever free, without the use of fever reducing medication, for at least 24 hours prior to the return of school.
- Consider getting you and your child vaccinated with the regular flu shot and H1N1 shot.

We will post on the entry door when a child has come down with the H1N1 influenza. Please read all posted notices.

The Administration