



NONA Child Development Centre

2802-34TH STREET, VERNON, B.C. V1T 5X1

PHONE: (250) 549-1281 ~ FAX: (250) 549-3771

email: administration@nona-cdc.com ~ website: www.nona-cdc.com

September 1, 2009

Dear Families,

This letter is to remind you that flu season will soon be upon us again!

If your child is not feeling well please:

- Keep your child at home until symptoms are gone;
- Let us know by phoning (250) 549-1281;
- Rebook the appointment or come to the next group when your child is feeling better.

Why?

- Your child will not get anything out of session/group/home visit if he or she is not feeling well.
- Staff see other children during the day and could spread germs.
- There are children at NONA who have very weak immune systems that could result in severe complications.
- Staff could get sick which would affect their entire caseload.

If your child is sick, staff will ask you to take your child home.

Attached is Interior Health information about the H1N1 virus. Although we regularly use a germicidal cleaner on hard surfaces and toys, we will be stepping up our efforts as a part of our infection control.

If you have any questions, please don't hesitate to contact me.

Yours truly,

Helen Armstrong,
Executive Director

FACTSHEET

August 21, 2009

Ministry of Healthy Living and Sport
Ministry of Health Services

PROTECTING YOUR KIDS FROM THE H1N1 FLU VIRUS

The H1N1 flu virus (human swine flu) is a type of influenza that can cause respiratory disease that can spread between people. Young children, pregnant women and people with chronic diseases like asthma, diabetes or heart disease, may be at higher risk for complications from this infection. In most children, the symptoms of the H1N1 flu virus are similar to the symptoms of seasonal influenza. They include:

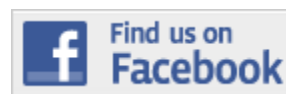
- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

Flu viruses spread from person to person mainly through droplets from the coughing or sneezing of a sick person. Flu viruses may also be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose or mouth. The H1N1 flu vaccine is expected to arrive in British Columbia in November and be available to everyone who needs and wants it. In the meantime, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the H1N1 flu virus:

- Teach your children to wash their hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cough and sneeze into a tissue or into the inside of their elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least two metres (six feet) away from people who are sick.
- Children who are sick should stay home from school and daycare and stay away from other people until they are better.

You can call [HealthLink BC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

For the latest facts on the H1N1 flu virus, including back-to-school information, visit www.gov.bc.ca/h1n1.



FACTSHEET

August 21, 2009

Ministry of Healthy Living and Sport
Ministry of Health Services

IF YOU THINK YOUR CHILD MAY HAVE THE H1N1 FLU VIRUS

In most children, the symptoms of the H1N1 flu virus are similar to the symptoms of regular seasonal flu. They include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills and fatigue
- Occasionally, vomiting and diarrhea

If your child is sick:

- Unless they need medical attention, keep children who are sick at home. Don't send them to school or day care.
- Have them drink plenty of liquid (juice, soups, Pedialyte®).
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat, and muscle aches, you can use fever-reducing medicines that your doctor recommends based on your child's age. Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- If someone in your home is sick, keep them away from those who are not sick.
- Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.

If your child experiences any of the following warning signs, seek emergency medical care:

- Fast breathing or trouble breathing
- Bluish or gray skin colour
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that he or she does not want to be held
- Not urinating or no tears when crying
- Their symptoms improve but then return with fever and worse cough

You can call [HealthLink BC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

For the latest facts on the H1N1 flu virus, including back-to-school information, visit www.gov.bc.ca/h1n1.

