

HEAD START of LANE COUNTY

221 B Street · Springfield OR 97477-4522

(541) 747-2425 · FAX (541) 747-6648 · <http://www.head-start.lane.or.us>

"Ensuring that our youngest children have a solid foundation for life."

Your child is currently unable to attend school at Head Start because of a temperature above 100 degrees Fahrenheit and/or signs and symptoms of flu.

- **Please be sure to watch your child carefully for signs and symptoms of flu.** Symptoms of flu include fever or chills and cough and/or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

A fever is a temperature measured with a thermometer that is greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, signs and symptoms that may indicate your child has a fever include chills, feeling very warm to the touch, having a flushed appearance, or sweating. Your child may also seem fussier, less hungry, more thirsty and more “clingy”. A child's breathing and/or heart rate may increase with a fever.

If you do not have a thermometer, and are not able to get one, please contact your family advocate at Head Start.

- If your Head Start child is under age 5, or has asthma, please call your Doctor or Nurse Practitioner to get their advice about your child's illness. Your Doctor or Nurse Practitioner will tell you if special care is needed for your child. **If you do not have a healthcare provider; please contact your Head Start Family Advocate immediately for assistance in getting you connected with a clinic.**
- **Watch for emergency warning signs that need urgent medical attention.** These warning signs include one or more of the following:
 - fast breathing, trouble breathing, shortness of breath, or no longer breathing;
 - bluish, purplish, or gray skin color especially around the lips and the inside of the mouth, or around the nails;
 - not drinking enough fluids, refusing to drink;
 - not urinating, decreased number of wet diapers, or no tears when crying;
 - severe or persistent vomiting;
 - not waking up or not interacting (e.g., unusually quiet and inactive, no interest in playing, no interest in favorite toy);
 - being so irritable that the child does not want to be held, or cannot be consoled;
 - pain or pressure in the chest or stomach;
 - sudden dizziness;
 - confusion; and
 - flu-like symptoms improve but then return with new fever and worse cough.
- **Stay home if you or your child is sick with the flu** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Children and teenagers should not be given

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aspirin (acetylsalicylic acid); this can cause a rare but serious illness called Reye's syndrome.

- **Make sure your child gets plenty of rest and drinks clear fluids** (such as water, broth, sports drinks) to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte®.

To protect other family members ...

- **Make sure your child's hands are washed often, and especially after coughing or sneezing.** Help your younger child wash them for 20 seconds with soap and water. If soap and water are not available, you can use an alcohol-based hand cleaner.
- Have your child **cough and sneeze into a tissue** or into his or her elbow or shoulder if a tissue is not available. Make sure your child throws tissues away right after use.
- **Clean surfaces and objects that your child frequently touches** with his or her hands, mouth, or body fluids. Wipe these surfaces with a household disinfectant that is usually used, following the directions on the product label. Additional disinfection of these surfaces beyond routine cleaning is not recommended.
- **Keep your sick child in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick child.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu according to CDC recommendations when vaccines become available.

For more information about flu, call 1-800-CDC-INFO or visit www.flu.gov.