



SUNNY DAYS EARLY CHILDHOOD DEVELOPMENTAL SERVICES INC.

“Making the Future Brighter, One Child at a Time”

300 Corporate Center Drive * Manalapan, NJ 07726 * tel: 732-761-0088 * fax: 732-761-2550
www.sunnydays.com

To All Parents and Caregivers,

The Flu season is upon us. In an effort to protect the children, families and staff that provide services through Sunny Days and reduce the spread of infection, we are sending this reminder to all families to help guide you in recommendations and precautions we can all take to protect ourselves.

If your child is not feeling well ...

- **Please call your practitioner and reschedule your appointment.** Your practitioner most likely visits with other children and families throughout the day and should not contribute to the spread of infections.
- **If any family member has the flu, services need to be cancelled and rescheduled.**
- **Watch carefully for signs and symptoms of flu.** Some children may not be able to tell you about their symptoms, which can delay your response to their illness. Symptoms of flu include fever or chills *and* cough 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 by mouth with a thermometer that is equal to or 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.
- **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 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®.
- **Contact your doctor immediately if a child younger than 5 years of age is sick.** This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.

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