

## UNCLE SAM'S ACADEMY FOR TOTS

### CHILD CARE / PRESCHOOL INFLUENZA PLAN

In an effort to protect the health of children, families and our teachers we have adopted the following policies:

1. We will keep alert and identify reliable sources of information and watch for public health warnings about flu, school closings, and other actions taken to prevent the spread of flu.
2. The legal authority to close our center if it becomes necessary is GSA.
3. We want to encourage parents to have a plan "B" if the program is closed during the flu epidemic.
4. We want to remind parents that we will enforce policies for having ill children stay at home during illness. Children with symptoms of an influenza-like illness should not come to school. Symptoms of influenza include fever, cough, sore throat, body aches, headache, chills, fatigue, and in some cases diarrhea. In most cases children with other, mild respiratory illnesses including allergies may be allowed to attend child care as long as they are able to participate comfortably and their care does not result in a greater need for care than the staff can provide without compromising the health and safety of the other children.
5. We are asking our teachers to not come to work if they have an influenza-like symptom.
6. Children with influenza may be infectious for up to 10 days after illness onset with the influenza while adults are thought to likely infectious for 5-7 days.
7. We have developed and implemented a system to track illness and absence due to illness among our children and staff. The system is simple and easy to maintain by recording the number of persons with various illness (e.g. Respiratory, diarrhea, rash) by day and week.
8. We are reviewing our policies and guidelines that we follow on a regular basis to control the health of children and staff. This includes such areas as cleaning/ disinfecting /sanitizing frequently touched surfaces within the facility.
9. The following are everyday actions that can be taken to stay healthy:
  - a. Cover your nose and mouth with tissue or your sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
  - b. Wash your hands often with soap and water, especially after you cough or sneeze.
  - c. Avoid touching your eyes, nose or mouth.
  - d. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Therefore if you get sick, stay home and limit contact with other to keep from infecting them.

Please note that we have established an isolation area where children will be taken if they develop these symptoms while at school. They will be kept in the isolated area until the parent picks them up.