

January 11, 2018

Dear SWLC families,

In conjunction with the letter recently sent out by the Milton School District, we would like to alert our families to the increased number of confirmed cases of influenza A and B in our area. Influenza is contagious and can be spread one day prior to and up to seven days after an individual becomes ill. Influenza is a virus spread by droplets. Droplets are created when people sneeze, cough, and talk.

Symptoms of influenza can include:

- Fever/feeling feverish or having chills (please note a person can have influenza and NOT have a fever.
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches
- Fatigue (feeling tired)
- Some people may have vomiting and/or diarrhea however this is more common in children than adults

The best way to prevent influenza are:

- Practice good handwashing (20 seconds with soap and water) or use alcohol-based hand sanitizer if soap & water are not available
- Do not share linens, eating utensils, water bottles, etc... with people that are ill.
- Receive a flu shot (doses are still available and can be obtained through your health care provider)
- Stay home or keep your child home when ill.

SWLC Health Policies: (we follow Milton School District guidelines)

Children with flu-like symptoms while in our care will be sent home and must stay out of daycare until they are symptom-free, they have been fever free for 24 hours without the use of fever reducing medication. OR they have obtained a clearance from the child's medical provider.

If you have any questions, please give us a call at 608-868-5288. The health and well-being of all of our children, staff, and families is of utmost importance to us. We wish you all a Healthy and Happy 2018.

Beth, Terri, and Julia