Dear Families,

The health and safety of our children, families and staff is of the utmost importance to us. Therefore, we wanted take this opportunity to inform you that we have confirmed case of Influenza. There are three types of influenza viruses: A, B and C. Human influenza A and B viruses cause seasonal epidemics of disease almost every winter in the United States. However, Influenza A viruses can be broken down into sub-types. Over the course of a flu season, different types (A & B) and subtypes of Influenza A viruses can circulate and cause illness.

You can learn more about these viruses by visiting www.cdc.gov/flu. The symptoms of these main types of Influenza include fever, lethargy, lack of appetite and coughing. Some also experience a runny nose, sore throat, nausea, vomiting and diarrhea. Any child that displays these symptoms will need to be picked up immediately. Children will not be permitted to re-enter our program until they are symptom-free for at least 24 hours or have a doctor's note. As always, we are taking every precaution to prevent the spread of any illness at our school, including additional sanitation procedures.

For everyone's added safety, we encourage you to follow the Center for Disease Control's recommendations for preventing the spread of germs and disease, including:

• Washing hands with warm water and soap for at least 20 seconds, making sure to scrub the backs of hands, wrists, between fingers and under fingernails.

• Using disposable/paper towels to dry hands; cloth towels can harbor bacteria.

• Avoid close contact to people who are sick. When you are sick, keep your distance from others to protect them from getting sick as well.

• Avoid touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated and then touches his or her eyes, mouth and nose.

If you have any additional questions or concerns, please don't hesitate to let us know. We thank you for your cooperation and continued confidence in our school.

Sincerely,

Director

DISCOVERY POiNT
Child Development Centers