

Circle of Love Daycare, LLC

Updated Flu policy

October 13, 2017

Flu season runs typically from November-March. Symptoms of the flu include: **runny nose, cough, sore throat, fever, chills, body aches, and sometimes stomach issues.**

Our policy is as follows: If a person in the child's family has a suspected or confirmed case of the flu or throw up virus (i.e. Noro Virus) the child must remain out of childcare until 36 hours after said family member is well, without the aid of medication. If a child has a suspected or confirmed case of the flu or throw up virus the child must remain out of childcare until 36 hours after ALL SYMPTOMS are resolved without the aid of medication. If a child or family member has been given Tamiflu, the child must remain out of childcare for a minimum of 5 days regardless of symptoms.

It is highly recommended that as soon as the flu is suspected, that you go to the doctor for a flu test (simple swab of the nose). When the flu is diagnosed, typically the entire family will be treated with Tamiflu. Tamiflu drastically reduces the severity and duration of the flu however, you can be contagious for up to 5 days without showing symptoms.

If the flu is suspected or diagnosed, please let me know immediately so that I can step up my sanitizing and others can be on the lookout for symptoms in their children. I believe with cooperation, we can keep this dreaded virus at bay!

Please sanitize and wash hands often, and we will continue to support healthy habits here!

Sincerely, Sarah

Taken from the Center for Contagious Disease website:

Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.
- **** It's important to note that not everyone with flu will have a fever.***

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. **Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.**

What are the symptoms of the flu versus the symptoms of a cold?

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