



September 18, 2009

Dear EAC Parents:

The Center for Disease Control has determined that 2009 H1N1 virus is contagious and is spreading from human to human. On behalf of Extend-A-Care for Kids, I want to assure you that your child's health and safety is of primary importance to us and we are taking every precaution recommended by health officials. We are putting safeguards in place and taking prudent measures to protect our children and employees. These measures include monitored enforcement of EAC policies regarding illness and cleanliness.

- Our health policy is in place to ensure that each student is healthy enough to participate in activities and to protect other students from illnesses. **These policies may be amended by EAC as needed for the safety of our children.** It is necessary to exclude students with the following symptoms:
 - 1) Fever of 100.4° F and above. May return 24 hours after fever subsides.
 - 2) Diarrhea and vomiting. May return 12 hours after symptoms subside.
 - 3) Sore and/or strep throat. May return 24 hours after antibiotic treatment begins.
 - 4) Children or staff who are sick with the H1N1 virus must stay home until 24 hours after fever subsides.
- As our policies require, please remember to call in absences to your enrollment representative in Extend-A-Care's business office (512-452-9402) before 2 p.m., or call the center supervisor at your child's school after 2 p.m.
- Extend-A-Care staff will use a disinfecting schedule to ensure equipment is clean. EAC will also clean frequently touched surfaces, toys, and commonly shared items at least daily and when visibly soiled.
- School Closure Policy
 - a. In the event that a school is closed by the school district or health officials, affected centers (including after-school, preschool, and infant programs) will also be closed during the time period announced
 - b. If the school closure is four or less consecutive days, there will be no credit or refund made to customers affected by the service lapse.
 - c. If the school closure is five or more consecutive days, credit to the affected customer's accounts will be given

Additionally, we would like to provide you with the following **recommendations from the Center for Disease Control:**

Are there everyday actions people can take to stay healthy?

- Cover your nose and mouth with a tissue or cough or sneeze into the crook of your arm. Throw used tissue in the trash and wash hands after use of tissue.
- Wash your hands often with soap and water for at least 30 seconds, especially after you cough or sneeze. Alcohol-based hand cleaners can be used in addition to soap and water.
- Avoid or wash your hands after touching your eyes, nose and mouth. Germs spread this way.
- Disinfect areas that are frequently touched.
- Try to avoid close contact with sick people.
- A child may be infectious for up to 10 days after becoming ill with influenza while adults are generally infectious for 5-7 days.
- If you get sick with flu-like symptoms, the Centers for Disease Control recommends that you stay home from work or school and limit contact with others to keep from infecting them. Call the school if your children become ill with flu-like symptoms, contact your health care provider or your school nurse.

What are the symptoms of H1N1 Virus in people?

The symptoms of H1N1 Virus in people are similar to the symptoms of regular flu and include:

Fever	Sore throat	Headache	Fatigue
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Cough	Body aches	Chills	Diarrhea and vomiting
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What should I do to keep from getting the flu?

- First and foremost: wash your hands with soap and water.
- Try to stay in good general health.
- Avoid touching your eyes, nose, or mouth.
- Get plenty of sleep.
- Be physically active.
- Manage your stress.
- Drink plenty of fluids.
- Eat nutritious foods.
- Try not to touch surfaces that may be contaminated with the flu virus.
- Avoid close contact with people who are sick.

What should I do if I get sick?

If you or your children become ill with flu-like symptoms, including fever, body aches, running nose, sore throat, nausea, or vomiting and diarrhea, you should keep your children home for at least 24 hours after the fever subsides and contact your health care provider or school nurse.

As additional information becomes available to us, we will update campuses, our website, and parents. In the meantime, if you have any questions or concerns, please do not hesitate to contact me at 512-472-9402. Thank you for your support and assistance in keeping all of our children healthy.

Sincerely,

Joan Altobelli
Executive Director

Websites regarding H1N1 Flu:

Austin ISD: http://www.austinisd.org/schools/health/flu/docs/flu_what_is_AISD_doing_H1N1.pdf

Del Valle ISD:
http://delvalle.tx.schoolwebpages.com/education/sctemp/69829dff1544b8b048ae1d9b266ed55d/1253022129/Flu_Information_School_Year_2009-2010_Eng.pdf

Hays Consolidated ISD: <http://www.hayscisd.net/Home/popH1N1.html>

Texas Department of Health Services: <http://www.dshs.state.tx.us/txflu/default.shtm>

Centers for Disease Control and Prevention: <http://www.cdc.gov/h1n1flu/>