



CANTERBURY COMMUNITY NURSERY SCHOOL

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CanterburyNurserySchool.org • 804.741.4118

Dear Parents,

As you may know flu is spreading easily from person to person and school-age children are among the groups most affected. We are taking steps to prevent the spread of flu at CCNS. We want to keep the school open and functioning as normal for as long as possible. We need your help to do this.

The CDC places a strong emphasis on parents and faculty monitoring students as well as themselves for any signs of illness. Symptoms include fever in excess of 100 degrees, sore throat, and cough. As the safety of our students is our primary concern, CCNS has adopted the following guidelines in accordance with CDC recommendations:

- Staff and/or students exhibiting symptoms at home should stay at home. Parents should plan now for the possibility of extended child care, and should consider contacting personal physicians concerning vaccinations and preventative medications. Parents are also requested to take temperatures at home at the first sign of any suspicious symptoms and not to send those children who have a fever to school.
- Staff and/or students exhibiting symptoms at school will be isolated and sent home. Pick-up should occur within 30 minutes of notification.
- Staff and/or students exhibiting symptoms should not return to work or class for at least 24 hours after a fever. The affected individual should be free of fever without the fever reducing medications. This time frame may change.
- Parents and staff are encouraged to help each student understand the importance of covering his or her nose and mouth when coughing or sneezing. Coughing into the elbow joint of the arm is the recommended method of covering the nose and mouth.
- Parents and staff are encouraged to help students understand the importance of washing hands with soap and water often. This is the best way to decrease the spread of the flu and other infectious diseases.

In addition, the following preventive measures have been established for the sanitizing and disinfecting of classrooms, offices, and other CCNS work and play areas.

- Hand sanitizer will be placed in each classroom, office, and other appropriate facilities. Faculty and staff will be addressing preventative measures directly with students in the first weeks of classes with regular reminders to follow.
- Table tops, bathrooms will be disinfected daily.

For further information, parents are encouraged to contact their family doctor, or to access the websites of the Center for Disease Control, the Henrico County Department of Health and the Virginia State Department of Health.

Ultimately, our success in preventing or containing the spread of H1N1 depends on the vigilance and cooperation of each member of our community.

Sincerely,
Terry Tusing

*Educating children in a creative, supportive, nurturing environment
in partnership with family and community.*