**Dear Parents,**

We are doing our best to keep your children healthy here at school. We are learning the proper way to cover our coughs or sneezes and the importance of using tissue to blow noses. We wash our hands frequently and are getting into the habit of washing or using hand sanitizer when necessary. Mrs. Chelsea, myself and other Eastwood staff work diligently to clean and disinfect surfaces often throughout the day.

Unfortunately there is only so much we can do. We need your help. If your child is ill they may be carrying an illness that can spread to the other children even before they have an onset of symptoms. For example, Influenza A is a virus that has been spreading rampantly. This illness can be spread to others 5 days before your child starts to seem sick. It continues to be contagious for several days after symptoms stop. Our Preschool handbook states the following illness policy:

**Illness/Exclusion Policy**

Ill Children: Regardless of the precautions taken at home or school, your child may become ill during the course of the school year. If your child becomes ill, you will be called and asked to pick up your child within the hour. If you are unavailable, we will call someone listed on your Emergency card. If your child is absent due to an illness, please call the center and let the teacher know.   
Exclusion: Do not send your child to school if they have the following symptoms:

* Fever (temperature of 100 degrees or more. Child must be free of fever for 24 hours (without fever reducing medication in order to return.)
* Diarrhea or vomiting (child must be symptom free for 24 hours in order to return.)
* Discharge or redness of the eyes or discharge from the ears or nose. (runny noses)

If your child has a cough, medicine in the morning may not be enough to get them through the day. Please, if your son or daughter is not feeling well, keep them home. They need time to rest and get better and we don’t want the sickness to spread to our friends.

Sincerely,

Mrs. Zeneberg and Mrs. Chelsea