

Respiratory Infections (Colds and Flu) Outbreak

We hope this message finds you and your little ones well. We're reaching out with important information about a recent uptick in respiratory infections within our Nature School community. The health and safety of our children are of utmost importance, so we're sharing some key insights and preventive measures to collectively combat this outbreak.

Signs and Symptoms:

Common signs of respiratory infections include coughing, sneezing, runny nose, fever, and general discomfort. If your child exhibits any of these symptoms, please take precautions and keep them at home until they are fully recovered.

Preventive Measures:

- **Hand Hygiene Matters:** Encourage thorough handwashing for at least 20 seconds with soap and water. Teach children to wash hands after sneezing, coughing, and before meals.
- **Respiratory Etiquette:** Teach children to cover their mouth and nose with a tissue or their elbow when coughing or sneezing. Dispose of tissues properly.
- **Proper Disinfection:** Increase the frequency of cleaning and disinfecting commonly-touched surfaces, toys, and play areas to reduce the spread of germs.
- **Stay Informed:** Keep yourself updated on the latest information about respiratory infections. Follow guidelines provided by healthcare authorities and our Nature School center to ensure a coordinated response.

What We're Doing:

Our staff is diligently following enhanced cleaning protocols, and we're actively monitoring the health of all children attending our Nature School. Any child displaying symptoms will be isolated and parents will be notified promptly.

Your Cooperation Is Vital:

We kindly request your cooperation in keeping the Nature School environment safe for everyone. If your child is unwell, please keep them at home to prevent further spread. Communication is key; inform us of any symptoms your child may be experiencing.

Resources:

If you have any questions or concerns, feel free to reach out to 250-299-2054 or fernfloweratureschool@gmail.com. Additional resources from health organizations like the CDC can provide valuable information on respiratory infections.

Together, let's create a healthy and supportive environment for our little ones.

Stay well,










Lera Lucas

Director, Manager and ECE

Of Fern Flower – Nature School



COLD VS. FLU

SYMPTOMS	COLD	FLU
 Fever	Rare	High (100-102 F) Can last 3-4 days
 Headache	Rare	Intense
 General Aches, Pains	Slight	Usual, often severe
 Fatigue, Weakness	Mild	Intense, Can last up to 2-3 weeks
 Extreme Exhaustion	Never	Usual (starts early)
 Stuffy Nose	Common	Sometimes
 Sneezing	Usual	Sometimes
 Sore Throat	Common	Common
 Cough	Mild to moderate	Common, Can become severe

Sources: National Institute of Allergy and Infectious Diseases. CDC.



Fern Flower - Nature School
Location: 3827 Charlton Dr, Qualicum Beach, BC V9K1Z3
Phone Number: 250-299-2054
E-mail: fernflownatureschool@gmail.com