

Bonnie Academy
24 Hours Fever Free Policy
(Adopted from CDC Early Care & Education Management
Recommendations)

If Your Child is Not Feeling Well . . .

- ***Watch carefully for signs and symptoms of flu.*** Some children may not be able to tell you about their symptoms, which can delay your response to their illness. Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and tiredness. Some people may also have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 flu and have respiratory symptoms without a fever.

A fever is a temperature measured by mouth with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, signs and symptoms that may indicate your child has a fever include chills, feeling very warm to the touch, having a flushed appearance, or sweating.

- ***Watch for emergency warning signs that need urgent medical attention.*** These warning signs include one or more of the following:
 - fast breathing, trouble breathing, shortness of breath, or no longer breathing;
 - bluish, purplish, or gray skin color especially around the lips and the inside of the mouth, or around the nails;
 - not drinking enough fluids, refusing to drink;
 - not urinating, decreased number of wet diapers, or no tears when crying;
 - severe or persistent vomiting;
 - not waking up or not interacting (e.g., unusually quiet and inactive, no interest in playing, no interest in favorite toy);
 - being so irritable that the child does not want to be held, or cannot be consoled;
 - pain or pressure in the chest or stomach;
 - sudden dizziness;
 - confusion; and
 - flu-like symptoms improve but then return with fever and worse cough.
- ***Stay home if you or your child is sick with the flu until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).***

Children and teenagers should not be given aspirin (acetylsalicylic acid); this can cause a rare but serious illness called Reye's syndrome.

- ***Make sure your child gets plenty of rest and drinks clear fluids*** (such as water, broth, sports drinks) to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte®.
- ***Contact your health care provider immediately if a child younger than 5 years of age is sick.*** This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your health care provider will tell you what special care is needed for your child.