

## Important Health and Wellness Special Edition

Your child's health, safety, and wellness are important to us. Flu and cold season have begun, and we are still facing the COVID-19 pandemic. Unfortunately, both the flu and COVID-19 are respiratory viruses and the most common symptom is a fever. Although in the case of COVID-19, some people are asymptomatic and never have a fever.

According to the State of California guidelines for Childcare Centers, a sick child is not allowed in school. You should keep your child home if:

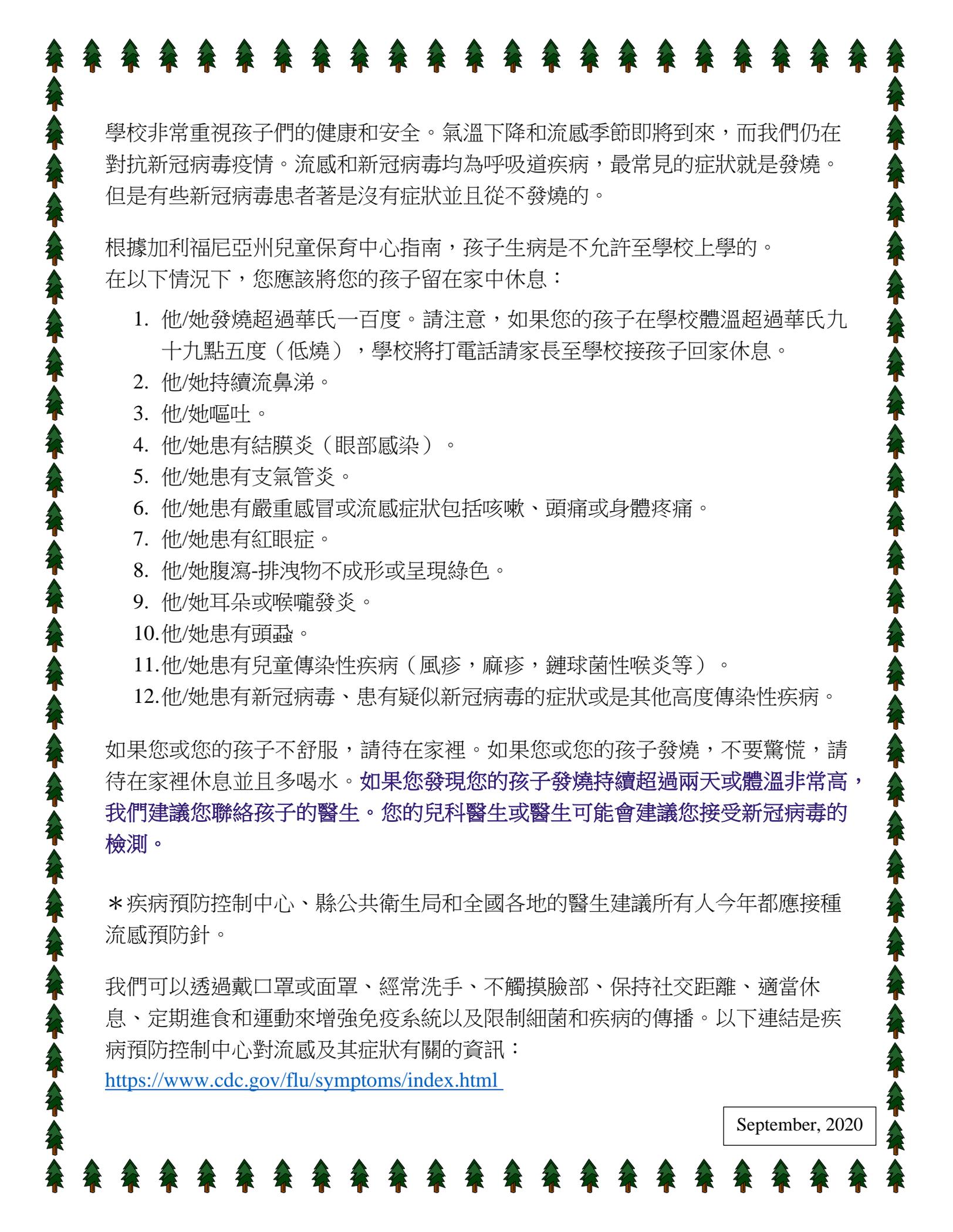
1. He/she has a fever. (> 100°F) Please note, that we will call you to pick up your child if they have a temperature greater than 99.5°F (a low-grade fever)
2. He/she has a persistent runny nose.
3. He/she is vomiting.
4. He/she has conjunctivitis (eye infection).
5. He/she has bronchitis.
6. He/she has severe cold or flu symptoms including cough, headache and/or body aches.
7. He/she has pink eyes.
8. He/she has diarrhea - watery, greenish bowel movement.
9. He/she has ear and throat infections.
10. He/she has head lice/nits.
11. He/she has any contagious childhood disease (Rubella, Measles, Strep throat, etc.).
12. He/she has coronavirus or possible symptoms related to coronavirus or other high contagious disease.

If you or your children aren't feeling well, stay home. If you or your child has a fever, don't panic, please stay home and rest, and drink plenty of fluids. **If you notice that your child's fever lasts more than two days or is very high, we recommend that you contact your doctor. Your pediatrician or doctor may recommend getting tested for COVID-19.**

\*\*\* The CDC, County Public Health Department, and doctors around the country are recommending that all of us get our flu shot this year as a preventative measure.

We can limit the spread of germs and illness by wearing our face coverings, washing our hand frequently, don't touch our faces, keep social distancing, eat well, exercise to help our immune system, and get rest. Below is the link to the CDC regarding the Flu and its symptoms: <https://www.cdc.gov/flu/symptoms/index.html>

September, 2020



學校非常重視孩子們的健康和安全。氣溫下降和流感季節即將到來，而我們仍在對抗新冠病毒疫情。流感和新冠病毒均為呼吸道疾病，最常見的症狀就是發燒。但是有些新冠病毒患者著是沒有症狀並且從不發燒的。

根據加利福尼亞州兒童保育中心指南，孩子生病是不允許至學校上學的。在以下情況下，您應該將您的孩子留在家中休息：

1. 他/她發燒超過華氏一百度。請注意，如果您的孩子在學校體溫超過華氏九十九點五度（低燒），學校將打電話請家長至學校接孩子回家休息。
2. 他/她持續流鼻涕。
3. 他/她嘔吐。
4. 他/她患有結膜炎（眼部感染）。
5. 他/她患有支氣管炎。
6. 他/她患有嚴重感冒或流感症狀包括咳嗽、頭痛或身體疼痛。
7. 他/她患有紅眼症。
8. 他/她腹瀉-排洩物不成形或呈現綠色。
9. 他/她耳朵或喉嚨發炎。
10. 他/她患有頭蝨。
11. 他/她患有兒童傳染性疾病（風疹，麻疹，鏈球菌性喉炎等）。
12. 他/她患有新冠病毒、患有疑似新冠病毒的症狀或是其他高度傳染性疾病。

如果您或您的孩子不舒服，請待在家裡。如果您或您的孩子發燒，不要驚慌，請待在家裡休息並且多喝水。如果您發現您的孩子發燒持續超過兩天或體溫非常高，我們建議您聯絡孩子的醫生。您的兒科醫生或醫生可能會建議您接受新冠病毒的檢測。

\* 疾病預防控制中心、縣公共衛生局和全國各地的醫生建議所有人今年都應接種流感預防針。

我們可以透過戴口罩或面罩、經常洗手、不觸摸臉部、保持社交距離、適當休息、定期進食和運動來增強免疫系統以及限制細菌和疾病的傳播。以下連結是疾病預防控制中心對流感及其症狀有關的資訊：

<https://www.cdc.gov/flu/symptoms/index.html>