



REMINDER

As we get ready to begin another school year, we are also preparing for the onset of cold and flu season.

All strains of flu can be dangerous. Good infection prevention measures can help protect your children, your families, Preschool staff and others from cold and flu. Please help to keep our preschool healthy by ensuring that you and your children follow Health Canada's recommendations below:

- **Wash your hands often and thoroughly – for at least 20 seconds – in warm, soapy water or use hand sanitizer.**
- **Cough and sneeze into your sleeve, not your hand.**
- **Keep common surfaces and items clean and disinfected.**
- **Stay home if you are sick, and call your health care provider if your symptoms get worse.**

If your child is ill, please do not send him or her to preschool. Your child must be symptom free (i.e. fever, vomiting, etc.) for 48 hours prior to returning to preschool.

TEACHERS WILL HAVE THE DISCRETION TO REFUSE ENTRY TO A CHILD WHO IS ILL OR TO REQUIRE A CHILD TO BE PICKED UP FROM SCHOOL IF HE OR SHE BECOMES ILL DURING A CLASS.

More information is available through Alberta Health Services at the following internet site:

<https://albertahealthservices.ca>

