

PARENT HANDBOOK



WELCOME TO CALVARY CHRISTIAN SCHOOL

11431 PALM BEACH BLVD
FORT MYERS, FL 33905

(239) 693 – 1257

calvary33905@gmail.com

Calvary Christian School

Financial Schedule 2024 – 2025

Registration fees are due to hold a spot for a child on a waiting list. If your child does not need to be on the waiting list, you can make payments on your registration fee with your weekly billing.

Registration fees are NON-REFUNDABLE.

If a student withdraws for any reason during the school year, all payments will be considered due through the end of the monthly tuition period in which the student last attended. Accounts must be current before permanent records can be forwarded to another childcare facility.

Registration fee

\$150.00 (infant – prekindergarten classes)

\$145.00 (KRC Curriculum)

Weekly Tuition Rates

Infant - \$255.00 weekly rate

One Year Old - \$240.00 weekly rate

Two Year Old - \$230.00 full time weekly rate

\$165.00 part time weekly rate (3 days)

Three Year Old - \$220.00 full time weekly rate

\$160.00 part time weekly rate (3 days)

VPK - \$200.00 full time weekly rate

\$150.00 part time weekly rate ([9am – 12pm](#))

Drop in Care - \$35.00 per day (non school days)

Summer Camp – \$175.00 Weekly Rate

Promotions and Discounts:

10% Sibling Discount For 2nd Child, 15% Discount for 3rd Child or more,

Our financial policy is that the youngest child pays full tuition rate and the discounts are applied to the oldest children.

"Guiding Children in Their Spiritual and Educational Path"

Parent Handbook 2019-2020

11431 Palm Beach Blvd Fort Myers, FL 33905

Calvary Christian School preschool provides care for children newborn – 12 years old

General Information

Preschool Hours of Operation 6:30 a.m. to 6:00 p.m.

Calvary Assembly of God: Pastor Kevin Compton

School Director: Magenta Compton

Office Administrator: Tammy Compton

It is our goal to provide many concrete experiences that will help your child develop the foundational skills that lead to success in the later years. We do this while focusing on Christian values and biblical principles that will transform children into learners, leaders, and lovers of Christ.

Calvary Preschool is A Ministry of Calvary Assembly Of God Church

The Parent Handbook provides information about Calvary Preschool, its programs and sets forth guidelines for participation. The following information is very important and should be read thoroughly by each family. Parents are responsible for following all policies and procedures. Our intent is to create stronger bonds between home and preschool by clearly articulating the Preschool's goals and expectations. Please attach to this handbook any supplements you may receive throughout the year.

Preschool Mission: To Guide Children in their spiritual and educational path. "He will teach us his ways so we may walk in his path..." Isaiah 2:3

Philosophy of Education: We believe that God created each child as a special and unique individual. (Genesis 5:2) Each child should have a well-balanced early childhood experience that meets his or her spiritual, social/emotional, physical and cognitive needs. Through a parent/teacher partnership each child can achieve their full potential. The curriculum will provide both spiritual and educational guidance to the children. Through creative utilization of all available resources our gifted and extensively trained staff will implement stimulation through a wealth of new experiences to provide opportunities for the growth of the whole child.

Spiritual Objectives: Our goal is to lay the foundation for Christ-centered living and to encourage the development of virtuous character in children. We meet this objective by providing loving and nurturing teachers who model biblical principles, attitudes and virtues. They bring a joy for learning about Jesus to their classrooms by teaching stories from the Bible, singing worship songs and praying with their students.

Cognitive Objectives: Our goal is to provide children with concrete materials and experiences in the classroom that help develop beginning literacy, language, math, science, and art. We meet these objectives by reading quality literature that is developmentally appropriate and that teaches children to recognize the written word, develop imagination, build vocabulary, and develop comprehension and a love for reading.

Social/Emotional Objectives: Our goal is to provide a joy-filled classroom that includes laughter, play and exploration and a stress-free and emotionally-safe environment for all children. Teachers will provide activities such as dramatic play and group games to encourage children to build on imagination, cooperative play, listening, following directions, responsibilities and putting others first.

Accreditation: Calvary Preschool is a Ministry of Calvary Assembly of God Church abides by all state health and safety regulations.

Non-Discrimination Policy: We welcome and embrace cultural diversity and nationalities, and we are thankful to God for the rich heritages that are represented by each family that enrich our Preschool. Therefore, we do not discriminate on the basis of race, color, nationality or ethnic origin in admissions policies.

Admissions Policy: We are accredited for all age groups of children. Those who are 12 to 24 months, are in our Infant and Toddler program. Children who are 2 years to 5 years old are in our 2's, Preschool, or Pre-Kindergarten Program.). No child will be admitted until their enrollment papers are complete and up to date. No child will be admitted without a copy of their immunizations (680) and physical (3040) records. If your child's immunizations are not current, your child will not be admitted to Calvary Christian School preschool. This is a requirement of the Florida State Department of Health. A child may be exempt from this requirement if his physician recommends that he not be immunized on medical grounds or if his parents sign a request for exemption on the basis of their religious beliefs. Plans to withdraw from the center must be met with the following agreement: "I hereby agree to notify the center two weeks in advance of withdrawal, should such event occur, or pay the difference."

Tuition Payments: Tuition can be paid weekly or monthly. Tuition is due on Monday of each week. Students may be denied childcare on the 6th day if no payment is made.

A 30 day written notice is required for withdrawal. In the event of an early withdrawal, there will be no refund available for any portion of the tuition, registration and/or supply fees. The fees for any special events are not included in the tuition. All holidays and school closures have already been considered when determining the annual tuition.

Registration: Upon enrollment there is a \$120.00 registration fee. Tuition is the same each month regardless of absence or vacations.

Non-Sufficient Funds Policy: All non-sufficient funds checks require a bank service fee per item in addition to the face value of the check. All outstanding debts are forwarded within 30 days to a collection agency. This may result in additional costs to the Parents. Failure to pay all outstanding debts within 30 days will be grounds for student(s) to be discharged from school.

Drop off Time: In order to service the needs of our students, we ask that all children be dropped off before 9:00 AM. This will limit the distractions in the classroom and make for a better educational experience for your child.

Parent/School Communication: You may call the preschool office at any time to speak to an administrator or leave a message at any time. Some notes and notices will be placed in your child's back pack or on the parent bulletin board in each classroom and hall near the school office, while some notices pertinent to only your child will be sent home via mail. Please check back pack and bulletin boards daily.

Arrival and Dismissal Procedures: Preschool children should be dropped off and picked up each day by the parent or authorized adult. The adult must enter the office area, clocked in and accompany the child to the classroom where the teachers are waiting. For the safety and wellbeing of the children, our accrediting agency requires that all children be clocked in and clocked out each day by the parent, guardian, or a designated responsible adult. Please make sure to communicate with the teacher at drop off and pick up, by greeting and saying goodbye. Only an authorized adult 18 or older may clock a child in or out.

The only authorized persons who are allowed to pick up a child are those names that are indicated on the child's Emergency Form. It is the parent's responsibility to contact the preschool office in writing with a detailed note including the person who will be picking up the child, approximately at what time, the date, and parent's full signature must be included.

It is parent's responsibility to provide at least 2 emergency contacts that could pick up your child in the event they become ill and you cannot be reached.

Other Authorized Adults: We will need to see the person's driver license to verify accuracy, so please ask them to bring it with them when they arrive on the property to check in, as all visitors are required to do.

Visiting Privileges: We have an open door policy so all parents are able to visit any time. Visitors must check in at the front desk. There you can sign in and be accompanied to the classroom.

Late Pick-Up Fee: We are accredited to provide care from 6:30am to 6:00pm. In the event that you are late in picking up your child at the end of the day, you will be charged \$2.00 per minute, effective 6:01 pm.

Change in Schedule: In order to maintain student/teacher ratios we need your help. Any changes to a child's schedule must be requested in writing, 2 weeks prior to the day the schedule change will take place. Please submit the request to the school office. Change will be accepted if spaces on the requested days are available.

Change in address or phone number: It is the parent's responsibility to make sure the office has the correct information regarding you and your child. Please notify the school office immediately of any change in address or telephone numbers, home or work.

Parking: When entering and leaving the property the speed limit is 10 M.P.H. Please remember we are protecting your child. **Please lock your car and do not leave it running while picking up or dropping off your child.** Please park in the designated parking areas.

VACATION/ABSENTEEISM POLICY: As of 06/03/2024, Calvary Christian School can no longer credit 10 days for vacation or sick time. If your child does not attend school on his/her scheduled days, full tuition is still expected to be paid. Your prompt weekly or monthly payment will maintain your child's position in Calvary Christian School. Payment is still expected for those days that your child is absent and/or the school is closed for the Holidays. If your child is absent more than 3 days, please notify the school office. If your child has a communicable disease, please call the school office immediately so that the necessary precautions may be taken. If your child is absent for two (2) weeks without any notification to the office, your position will automatically be terminated (unless payment has been made in advance.) If the school terminates your child's enrollment at any time regardless of any credit to your account; all tuition payments or credits are nonrefundable. Please refer to your admission agreement. "I hereby agree to notify the center two weeks in advance of withdrawal, should such an event occur, or pay the difference."

If your child is a part of School Readiness, you must follow the OEL guidelines. We would like to remind you that it is extremely important that your child attends school regularly as The Office of Early Learning have very stringent policies on attendance. If your child misses more school than the Early Learning Coalition allows; The OEL and ELC will not pay for those extra days. If this happens you will be required to pay the full daily rate and/or your child may be dropped from our program. After 5-7 days the ELC will be notified of your child's absences by email. Parents will be notified of possible termination of enrollment for future absences.

Snacks and Lunches: Parents are responsible for a healthy morning snack, lunch and afternoon snack. Sippy cups and food items need to be labeled with first and last name and date for each day. No food items are able to be heated in the microwave, we suggest parents to use a thermos for warm food and not place it in the refrigerator. Please use the cold packs in the lunch bags to keep food items cool. Please do not allow your child to bring gum, candy, soda, or sugary snacks.

Diapers: In the event your child is getting low on diapers, a staff member will send home a note informing you of the need to bring in more. If your child should run out after being notified, you will be called to bring in supplies or pick up the child.

Potty Training: When you feel your child is ready to potty train, we will be happy to assist you. During potty training, it is very important to dress your child in uncomplicated clothing that the child can easily manage on his/her own (no snap bottoms) and to provide clothing changes. When toilet training please provide us with at least 10 pairs of underwear and training pants as well as several complete changes of clothes (including several pairs of socks and an extra pair of shoes) so we can ensure your child stays clean and dry.

Field Trips: To add enrichment for school age children, occasionally a field trip will be planned to coordinate with a particular area of study related to the monthly theme or curriculum. The field trips will be local. Permission slips must be signed by the child's parent or guardian and returned one week prior to the event in order for the child to be able to participate in a school sponsored event off or on campus. Children who do not have signed permission must remain home for that day. Parent participation is strongly encouraged for added supervision and transportation. All drivers on field trips must submit: A copy of a valid driver's license and proof of current auto insurance (there are additional insurance requirements before approval).

Accident Reports: In the event of an injury, the teacher on duty will fill out a detailed Accident/Incident Report at the time of injury. Parents and guardians can ask to receive copy and a copy will be placed in the child's permanent file for our records.

Play Clothes: Please send your child in play clothes every day. The children will be playing with materials that will be messy and dirty at times. They will be explorers of their world.

Show And Tell: Please contact your child's teacher for his/her policy regarding Show and Tell Days, and which days the children will participate in this special activity. Calvary Christian Preschool does not assume responsibility for any personal items, toys, etc. in the event of loss or damage. Please do not send toy guns, knives, or breakable items to school. Toys from home are allowed only on specified share days.

Birthdays: You are welcome to celebrate your child's birthday in their classroom. We do ask that items brought in for birthday celebrations be **store bought and not homemade**, with the complete ingredients labels on the package. If you would like to bring in special treats to share with friends, we can keep cake or cupcakes in the refrigerator until ready to be served. Please make sure the label has no nut ingredients in the cake and is not processed in an environment or machine that also processes food items that include nuts. When bringing in the cake, the ingredients label needs to be checked by an administrator in order for the teacher to offer it to the children in the classroom. We do not allow decorating our playground or having a party here at the school for your child's birthday. We are willing to give out invitations to children in the classroom, as long as they are pre-written and placed in an envelope by the parent. Thank you for your help in providing a healthy, fair, manageable birthday for your child. *You can speak with the pastor about renting our fellowship hall if you would like to have a party here.

Lost and Found: Please write your child's name on all of his/her belongings in permanent marker, as this will allow us to return them to you if misplaced. If we find an item that is not labeled, we will put it in the Lost and Found Box. After (1) month all items not claimed will be donated to local charities.

Videos: Our goal for video time is to enlighten, educate, and reinforce Biblical or educational concepts supported by the preschool and is used in conjunction with our curriculum. Video time is very limited but must always be pre-approved by the administration before being viewed by the children. Only G rated videos will be shown.

Prohibited Actions: Any form of discipline or punishment which violates a child's personal rights as specified in the administrative code of the Florida Department of Children and Families Requirements of the Department of Social Services shall not be permitted.

Illness Policy: We inspect the children daily for any signs of illness before they are accepted into the classroom. The teaching staff is responsible for ensuring that children with obvious symptoms of illness are not accepted into the classroom. Parents may be asked at any time to have their child examined by a physician for proper diagnosis of a suspected illness. A written note from a physician may also be requested to readmit the child into the classroom. The physical health and safety of each child is of the first order of priority at Calvary Christian Preschool. Our effectiveness in teaching depends largely on the physical wellbeing of the child. It is imperative that contagious children not attend preschool. Most importantly, do not return your child to preschool until he/she is able to participate in all activities in the normal preschool day. It is also the responsibility of the parents to notify the preschool if there has been exposure to contagious illnesses, communicable diseases or head lice. **If your child becomes ill while at preschool, you will immediately be notified and the child must be picked up within half an hour. Children need to remain home for a complete school day and be 24 hours symptom free. A written note from a physician may also be requested to readmit the child into the school.**

Communicable Childhood Diseases: Upon having the following diseases, a child must have written consent from a physician to return to preschool

1. Chicken pox
2. Measles
3. Mumps
4. Pneumonia
5. Whooping Cough
6. Pinworms
7. Scabies
8. Ringworm
9. Impetigo
10. Pink Eye
11. Respiratory Illness
12. Strep Throat

HEAD LICE: It is quite common for children in group settings in Florida to occasionally become infected with head lice. Head lice are not a serious problem but they can be annoying and persistent if not properly handled. Please do not feel embarrassed if your child catches head lice – it is a common problem. To protect your child and other children enrolled we have the following policies: Children may be checked by staff for head lice at any time. If nits or lice are found, the infected child(ren) are immediately isolated from the group. Parents are notified and must pick up their child **immediately**. **All parents will be notified so that they can wash clothes, backpacks, mats, pillows, and blankets in hot water and check their child at home.** No names will be disclosed. Teachers will wash school dress-up clothes, pillows, etc. **Children will not be re-admitted until a staff member has checked to ensure that all nits/lice are gone.**

Medication: Calvary Christian School will not administer any medication unless it is prescribed by a physician. If your child has an allergy or is recovering from an illness and still requires medication, it may be administered at preschool only if the following procedures are followed: The parent or guardian must bring the medication to the Preschool Office and see the director. The Medication Permit must be complete and signed by the parent or guardian including the child's name, amount of medication to be given, at what time, and how often. All prescription medication must be in the original container with the child's name and directions clearly printed on the label. Under no circumstances will a child be permitted to bring their own medications to preschool and/or administer it to himself. Medication may not be sent in a child's lunch box or backpack. This policy applies to cough drops and vitamins as well as to prescribed drugs. Children (siblings) may not share a prescribed medication in the center setting unless both of the children's names are listed on the original container and above-mentioned information must be on the container for both children. Non-prescription medications will not be given without a doctor's note.

Notifying organizations that cooperate with Calvary Christian School: It is the procedure of Calvary Christian School to notify any cooperating intuition such as the Early Learning Coalition of SWFL to notify by email when a situation arises where children have five consecutive days with no contact from parent. Furthermore, we notify by email when a situation arises where children have seven consecutive days with no contact with parent for AT RISK children.

Child Abuse Reporting Obligations: Each staff member at Calvary Christian School Preschool is obligated by law to report to the Florida Department of Children and Families any injury to any child which requires medical treatment, or any unusual incident, or child absence which threatens the physical or emotional health and safety of any client, or any suspected physical or psychological abuse of any child. In this very serious and legally narrow area, the preschool will not contact parents in advance of making a report to legal authorities which would be the procedure followed in most other legal matters. The clear intent of the law, based on the seriousness of the crimes listed above, is to mandate that a report of reasonable suspicion of abuse be made. Preschool staff will make such reports in the best interest of the affected child and do not, once reasonable suspicion is established, have any legal alternative except to make the report to the proper authorities for their investigation and review.

Philosophy of Discipline: The focus at Calvary Christian Preschool is to use discipline as a guidance tool rather than as punishment. The children need to have the freedom to develop autonomy as well as recognize the need to follow rules and the guidelines established by adults. It is imperative the children feel safe and loved to best guide them. It is the aim of our program that the children develop ownership of the behaviors and choices they make. The staff will encourage problem solving skills and positive interpersonal relationships through the disciplining practices and provide an environment and standards which are developmentally appropriate. The staff will present the children with positive models of acceptable behavior. We never spank, verbally assault, or raise our voices at a child. Children are spoken to at their eye level and language is used that the children can understand and copy for use in their own conversations. This type of modeling sets the tone for interpersonal interactions in the classroom. Please remember that our goal is to encourage correct behavior while discouraging inappropriate behavior.

Termination Policy: It is the desire of the staff of Calvary Christian Preschool to provide a spiritually, emotionally and educationally motivating and secure preschool environment. In unusual situations where individual children and or parents (legal guardians) choose: (1) to continually disrupt the room environment or, (2) if the child(ren) are in danger due to disruptive behavior, such as throwing items, hitting, biting, or running out of the classroom, it may become necessary to terminate the child from the program. This is done as a last resort and is in the best interest of all concerned. Parent cooperation in adhering to all policies and procedures as stated by Calvary Christian Preschool is mandatory. Any occurrence of non-participation or cooperation to theses stated policies and procedures in dealing with staff or administration could result in termination of enrollment at Calvary Christian Preschool.

Holidays: Attached you will find our school schedule for the 2024/2025 school year.

Parent's Role

A parent's role in quality child care is vital:

- Inquire about the qualifications and experience of child care staff, as well as staff turnover.
- Know the facility's policies and procedures.
- Communicate directly with caregivers.
- Visit and observe the facility.
- Participate in special activities, meetings, and conferences.
- Talk to your child about their daily experiences in child care.
- Arrange alternate care for their child when they are sick.
- Familiarize yourself with the child care standards used to license the child care facility.



More information and free resources:

MyFLFamilies.com/ChildCare



This child care facility is licensed according to the minimum licensure standards included in section 402.305, Florida Statutes (F.S.), and Chapter 65C-22, Florida Administrative Code (F.A.C.).
License Number: **C20LE0005**
License Issued on **01/16/22**
License Expires on **6/16/22**
For more information regarding the compliance history of this child care provider, please visit:
MyFLFamilies.com/childcare



To report suspected or actual cases of child abuse or neglect, please call the Florida Abuse Hotline at 1-800-962-2873.

CFPI 175-24, 03/2014

This brochure was created by the Florida Department of Children and Families, Office of Child Care Regulation and Background Screening pursuant to s. 402.3125(5), F.S.,



Know Your Child Care Facility

MyFLFamilies.com/ChildCare

General Requirements

Every licensed child care facility must meet the minimum state child care licensing standards pursuant to s. 402.305, F.S., and ch. 65C-22, F.A.C., which include, but are not limited to, the following:

- Valid license posted for parents to see.
- All staff appropriately screened.
- Maintain appropriate transportation vehicles (if transportation is provided).
- Provide parents with written disciplinary practices used by the facility.
- Provide access to the facility during normal hours of operation.
- Maintain minimum staff-to-child ratios:

Age of Child	Child: Teacher Ratio
Infant	4:1
1 year old	6:1
2 year old	11:1
3 year old	15:1
4 year old	20:1
5 year old and up	25:1

Health Related Requirements

- Emergency procedures that include:
 - Posting Florida Abuse Hotline number along with other emergency numbers.
 - Staff trained in first aid and Infant/Child CPR on the premises at all times.
 - Fully stocked first aid kit.
 - A working fire extinguisher and documented monthly fire drills with children and staff.
- Medication and hazardous materials are inaccessible and out of children's reach.

Training Requirements

- 40-hour introductory child care training.
- 10-hour in-service training annually.
- 0.5 continuing education unit of approved training or 5 clock hours of training in early literacy and language development.
- Director Credential for all facility directors.

Food and Nutrition

- Post a meal and snack menu that provides daily nutritional needs of the children (if meals are provided).

Record Keeping

- Maintain accurate records that include:
 - Children's health exam/immunization record.
 - Medication records.
 - Enrollment information.
 - Personnel records.
 - Daily attendance.
 - Accidents and incidents.
 - Parental permission for field trips and administration of medications.

Physical Environment

- Maintain sufficient usable indoor floor space for playing, working, and napping.
- Provide space that is clean and free of litter and other hazards.
- Maintain sufficient lighting and inside temperatures.
- Equipped with age and developmentally appropriate toys.
- Provide appropriate bathroom facilities and other furnishings.
- Provide isolation area for children who become ill.
- Practice proper hand washing, toileting, and diapering activities.

Quality Child Care

Quality child care offers healthy, social, and educational experiences under qualified supervision in a safe, nurturing, and stimulating environment. Children in these settings participate in daily, age-appropriate activities that help develop essential skills, build independence and instill self-respect. When evaluating the quality of a child care setting, the following indicators should be considered:

Quality Activities

- Are children initiated and teacher facilitated.
- Include social interchanges with all children.
- Are expressive including play, painting, drawing, story telling, music, dancing, and other varied activities.
- Include exercise and coordination development.
- Include free play and organized activities.
- Include opportunities for all children to read, be creative, explore, and problem-solve.

Quality Caregivers

- Are friendly and eager to care for children.
- Accept family cultural and ethnic differences.
- Are warm, understanding, encouraging, and responsive to each child's individual needs.
- Use a pleasant tone of voice and frequently hold, cuddle, and talk to the children.
- Help children manage their behavior in a positive, constructive, and non-threatening manner.
- Allow children to play alone or in small groups.
- Are attentive to and interact with the children.
- Provide stimulating, interesting, and educational activities.
- Demonstrate knowledge of social and emotional needs and developmental tasks for all children.
- Communicate with parents.

Quality Environments

- Are clean, safe, inviting, comfortable, child-friendly.
- Provide easy access to age-appropriate toys.
- Display children's activities and creations.
- Provide a safe and secure environment that fosters the growing independence of all children.



What is the influenza (flu) virus?

Influenza ("the flu") is caused by a virus which infects the nose, throat, and lungs. According to the US Center for Disease Control and Prevention (CDC), the flu is more dangerous than the common cold for children. Unlike the common cold, the flu can cause severe illness and life threatening complications in many people. Children under 5 who have the flu commonly need medical care. Severe flu complications are most common in children younger than 2 years old. Flu season can begin as early as October and last as late as May.



How can I tell if my child has a cold, or the flu?

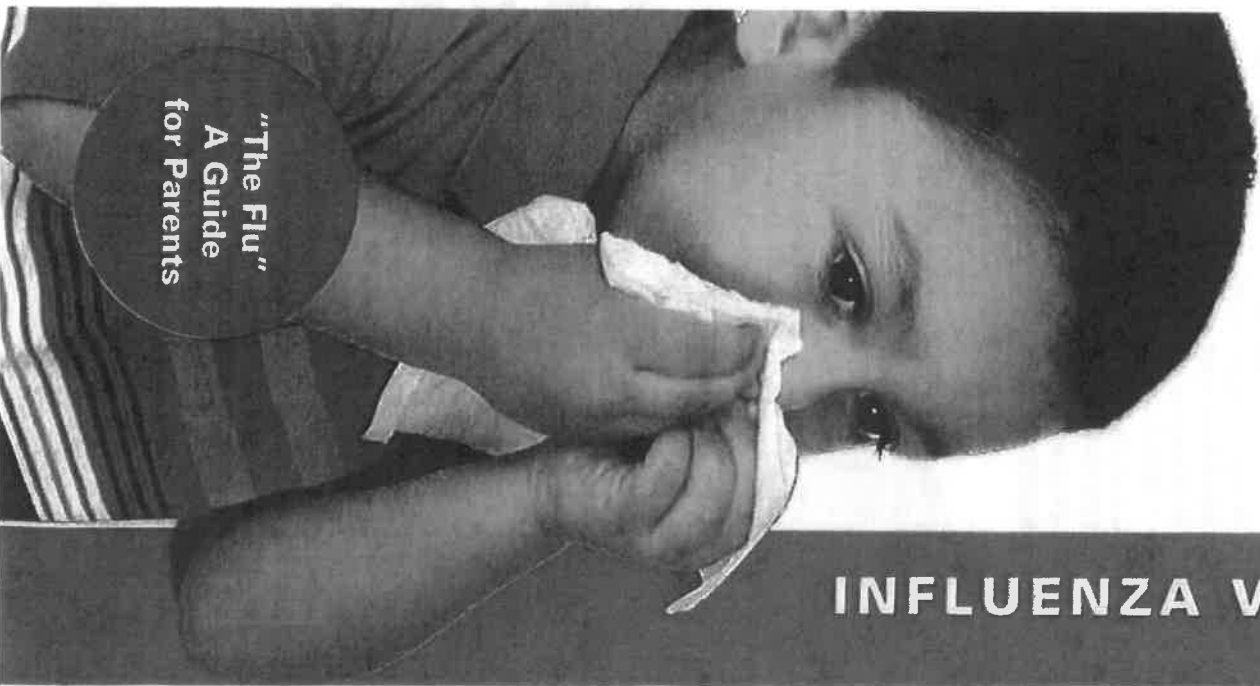
Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Because the flu and colds have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.



For additional information, please visit
www.myflorida.com/childcare or contact your
local licensing office below:

CF/PI 175-70, June 2009

This brochure was created by the Department of Children and Families in consultation with the Department of Health.



INFLUENZA VIRUS

"The Flu"
A Guide
for Parents

During the 2009 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes provide parents with information detailing the causes, symptoms, and transmission of the influenza virus (the flu) every year during August and September.

My signature below verifies receipt of the brochure on *Influenza Virus, The Flu, A Guide to Parents*:

Name: _____

Child's Name: _____

Date Received: _____

Signature: _____

Please complete and return this portion of the brochure to your child care provider, in order for them to maintain it in their records.



What should I do if my child gets sick?

Consult your doctor and make sure your child gets plenty of rest and drinks a lot of fluids. Never give aspirin or medicine that has aspirin in it to children or teenagers who may have the flu.

CALL OR TAKE YOUR CHILD TO A DOCTOR RIGHT AWAY IF YOUR CHILD:

- Has a high fever or fever that lasts a long time
- Has trouble breathing or breathes fast
- Has skin that looks blue
- Is not drinking enough
- Seems confused, will not wake up, does not want to be held, or has seizures (uncontrolled shaking)
- Gets better but then worse again
- Has other conditions (like heart or lung disease, diabetes) that get worse



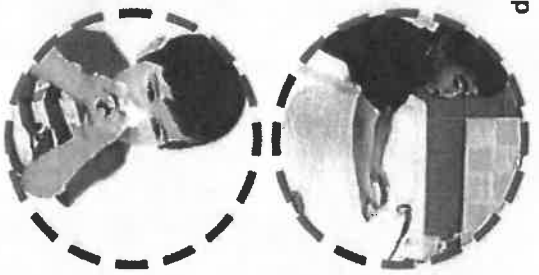
How can I protect my child from the flu?

A flu vaccine is the best way to protect against the flu. Because the flu virus changes year to year, annual vaccination against the flu is recommended. The CDC recommends that all children from the ages of 6 months up to their 19th birthday receive a flu vaccine every fall or winter (children receiving a vaccine for the first time require two doses). You also can protect your child by receiving a flu vaccine yourself.

What can I do to prevent the spread of germs?

The main way that the flu spreads is in respiratory droplets from coughing and sneezing. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and infect someone nearby. Though much less frequent, the flu may also spread through indirect contact with contaminated hands and articles soiled with nose and throat secretions. To prevent the spread of germs:

- Wash hands often with soap and water.
- Cover mouth/nose during coughs and sneezes. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Limit contact with people who show signs of illness.
- Keep hands away from the face. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



When should my child stay home from child care?

A person may be contagious and able to spread the virus from 1 day before showing symptoms to up to 5 days after getting sick. The time frame could be longer in children and in people who don't fight disease well (people with weakened immune systems). When sick, your child should stay at home to rest and to avoid giving the flu to other children and should not return to child care or other group setting until his or her temperature has been normal and has been sign and symptom free for a period of 24 hours.

For additional helpful information about the dangers of the flu and how to protect your child, visit: <http://www.cdc.gov/flu/> or <http://www.immunizeflorida.org/>