



**Distribution**

- Child's File
- Infant/Toddler Classroom Forms
- Pre-School/School-Age Classroom Forms

**Child Profile**

For children ages 1 and up

A new form is required with each classroom transition

This profile will help your child's teacher get to know your child better. Your input will also help with your child's adjustment to the new classroom.

Child's Full Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_

Parent/Guardian's Name: \_\_\_\_\_  
(Please Print)

1. List any nicknames your child may have. \_\_\_\_\_

2. Has your child had previous group care experiences?  Yes  No

3. What language(s) is spoken in your home? \_\_\_\_\_

4. List the names and ages of siblings.  
\_\_\_\_\_  
\_\_\_\_\_

5. Do you have pets at home?  Yes  No If yes, please list type of pet and name.  
\_\_\_\_\_

6. What words are spoken in your home to describe everyday things (I.e. toileting, nap, eat, play and outside)?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_/\_\_\_/\_\_\_  
Date

*This form was developed by Kids 'R' Kids International, Inc. It's important to review State Guidelines regularly to ensure compliance.*



- Distribution**
- Child's File
  - Transportation Log
  - Field Trip Log (School-Age Only)

## Health and Emergency Permission

This form must be completed for all enrolled children annually and as changes occur

| Child   |                    |                            |                    |
|---|--------------------|----------------------------|--------------------|
| Child's Full Name _____   |                    | Age _____                  | Gender _____       |
| Date of Birth ____/____/____  |                    | Child's Home Address _____ |                    |
| Home Phone _____  |                    |                            |                    |
| Parent/Guardian(s)  |                    |                            |                    |
| Parent/Guardian Name _____  |                    | Phone 1: _____             | Phone 2: _____     |
| Parent/Guardian Name _____  |                    | Phone 1: _____             | Phone 2: _____     |
| Medical Information   |                    |                            |                    |
| Doctor to be contacted when parents cannot be reached:  |                    |                            |                    |
| Name _____  | Full Address _____ | Telephone _____            |                    |
| Dentist:  |                    |                            |                    |
| Name _____  | Full Address _____ | Telephone _____            |                    |
| Health Insurance Provider:  |                    |                            |                    |
| Name _____  | Full Address _____ | Telephone _____            |                    |
| Does your child have special needs affecting participation in school activities? <input type="checkbox"/> Yes <input type="checkbox"/> No |                    |                            |                    |
| Specify: _____  |                    |                            |                    |
| Does your child have allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No  |                    |                            |                    |
| Is your child on prescribed medication for Illness/Allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No                    |                    |                            |                    |
| Specify: _____  |                    |                            |                    |
| Actions Taken: _____  |                    |                            |                    |
| _____   |                    |                            |                    |
| Weight of Child: _____  |                    |                            |                    |
| Emergency Contacts  |                    |                            |                    |
| The child may be released to the person(s) signing this agreement or to the following with photo ID:                                      |                    |                            |                    |
| Name _____  | Address _____      | Telephone _____            | Relationship _____ |
| _____   |                    |                            |                    |
| Emergency contact(s) when parents cannot be reached:  |                    |                            |                    |
| Name _____  | Address _____      | Telephone _____            | Relationship _____ |
| _____   |                    |                            |                    |

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

\_\_\_\_\_  
Owner/Director Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date



**Distribution**

- Child's File
- Transportation Log

### Transportation Agreement

The following information is required to be updated by Kids 'R' Kids annually and when transportation situation changes

Child's Full Name: \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_

**Kids 'R' Kids #8, #15 emergency transportation/medical procedure:**

1. Call emergency medical team, if necessary
2. Contact parent/guardian (phone, email, text)
3. Contact alternate emergency contact, if necessary
4. Emergency medical team transports child to hospital.
5. Kids 'R' Kids representative will accompany child to hospital.

Emergency Medical Facility the center uses: \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

I, \_\_\_\_\_ give permission for Kids 'R' Kids \_\_\_\_\_ to seek medical attention and /or transport my child \_\_\_\_\_, in the event of any emergency. I further agree to hold harmless and release Kids 'R' Kids \_\_\_\_\_ and Kids 'R' Kids International, Inc. from all liability. I further agree to keep the facility informed of any changes in the information below.

**For School Age Use Only:** *If the child relocates to another school or the hours change, this form must be updated immediately*

Name of School: \_\_\_\_\_

School Address: \_\_\_\_\_

School Phone: \_\_\_\_\_

- In the event the designated location is unable to receive children they will be returned to Kids 'R' Kids \_\_\_\_\_.
- It is vital that Kids 'R' Kids \_\_\_\_\_ be notified of any changes in the above scheduled transportation.
- Kids 'R' Kids \_\_\_\_\_ will assume the above schedule of transportation will be followed unless we receive different instructions from parents in writing. Instructions should be received at Kids 'R' Kids \_\_\_\_\_ by the earliest possible time before scheduled pickup or drop off.

I, \_\_\_\_\_ agree for my child to be transported by Kids 'R' Kids \_\_\_\_\_

- To school at \_\_\_\_\_ (am/pm)
- From school at \_\_\_\_\_ (am/pm)

**On the following days: Monday Tuesday Wednesday Thursday Friday**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

\_\_\_\_\_  
Owner/Director Signature

\_\_\_\_/\_\_\_\_/\_\_\_\_  
Date

*This form was developed by Kids 'R' Kids International, Inc. It's important to review State Guidelines regularly to ensure compliance.*



- Distribution**
- Infant/Toddler Classroom Forms
  - Preschool/School-Age Classroom Forms
  - Kitchen Log
  - Child's File

### Child Allergy Profile

Update annually or as child's information changes

(place child's picture here)

Child's Full Name: \_\_\_\_\_ Suite: \_\_\_\_\_

Allergy To:

\_\_\_\_\_

Symptoms of Allergic Reaction:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Emergency Care Plan:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 Parent/Guardian Signature

\_\_\_/\_\_\_/\_\_\_  
 Date

\_\_\_\_\_  
 Owner/Director Signature

\_\_\_/\_\_\_/\_\_\_  
 Date

*This form was developed by Kids 'R' Kids International, Inc. It's important to review State Guidelines regularly to ensure compliance.*



**Photo & Social Media Release**

For and in consideration of the opportunity to have my minor child's name, voice, picture, portrait, artwork and/or likeness published and for other good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, the undersigned, on behalf of myself and my minor child, hereby agree as follows:

1. I hereby grant Kids 'R' Kids International, Inc., Kids 'R' Kids # 8 & 15, and its affiliates, franchisees, nominees, licensees, successors and assigns and those acting under their permission (hereinafter "KRK"), the unrestricted, absolute, perpetual, worldwide right to:

- a. uses my and my minor child's name, voice, picture, portrait, artwork and/or likeness, however obtained;
- b. reproduce, copy, modify, alter, edit, publish, use, create derivatives in whole or in part, without limitation, my and my child's image, picture, portrait, artwork and/or likeness in still and/or video photography, film or tape taken of me or my minor child by or on behalf of KRK.
- c. display, exhibit, distribute, transmit or broadcast the above or any part thereof; in any project or medium, whether now or hereafter existing, including, without limitation printed publications, television, radio, the internet, any online service or website, blog or social media, including, without limitation: Twitter, Facebook, Instagram, any number of times and for any purpose, including, without limitation, promotional, advertising and marketing purposes.

2. I agree that any picture, portrait, artwork or other product or material derived there from is wholly owned by KRK and that KRK may copyright any product or material containing same. If I receive any copy thereof, I shall not use it for any purpose nor authorize its use by anyone else.

3. I hereby waive my right to inspect and/or approve the finished product or material, or to the eventual use that it might be applied.

4. I hereby release and discharge KRK from and against any claim or liability arising out of invasion of privacy, right of publicity, defamation, portrayal in a false light, misappropriation, and copyright infringement arising out of or in connection with the use of materials referenced hereunder, including without limitation the use of my or my minor child's name, voice, picture, portrait, artwork and/or likeness in any manner authorized by this Release, whether now known or arising in the future.

5. I hereby warrant that I am eighteen years old or older and am the parent and/or legal guardian of the minor child named below and am competent to contract for the minor child named herein as the above is concerned. I have read the foregoing release and warrant that I fully understand the contents hereof. I agree that this Release is intended to be as broad and inclusive as permitted under the laws of the State of Florida, and that if any portion thereof is held to be invalid, that the balance shall continue in full force and effect.

6. This Release constitutes an Agreement between myself and KRK and contains the entire understanding between myself and KRK regarding the subject matter hereof. This Release cannot be modified except in a writing signed by all parties hereto and shall be governed in accordance with the laws of the State of Florida.

Yes  NO  My child's image may be used on the KRK Facebook page.  
 Yes  NO  My child's image may be used within KRK for classroom displays and artwork.

|                              |                   |
|------------------------------|-------------------|
| Parent/Guardian Printed Name | Child's Full Name |
| Parent/Guardian Signature    | / /<br>Date       |

**Food Allergies, Food Activity, Dietary Restrictions, Alternate Nutrition, Absences & Immunizations**

KRK is dedicated to promoting healthy eating. With our Apple Accreditation, KRK ensures each child is receiving a nutritionally balanced meal. Children are encouraged to eat the meals provided by the center and must follow our set meal times. Each classroom schedule lists AM snack, lunch, PM snack and an additional late snack is provided in our 1 & 2-year-old rooms. Food from home, requires a doctor's note stating the child's allergy or food restriction. Items need to be labeled with the child's full name and date. Food should be dropped off in the café in a labeled zippered school lunch bag. If food needs to be served hot, it must be placed in a thermos as we do not reheat food. Our menu provides a daily vegetarian option. We are a nut free school and all foods MUST follow our dietary guidelines. Items like chips, Cheetos, Kool-Aid and soda are not permitted. If you need to choose an alternative milk product, we accept soy, rice, Lactaid, oatmeal or a non-nut product. We are unable to serve almond, cashew or coconut milk. A written emergency plan as outlined by the Physician may be required for select allergy cases.  
 The Fl. Dept of Health requires all kids be immunized but we do admit children that may not be immunized due to religious or medical beliefs. A waiver is required in a case like this.  
 HC County Licensing requires every parent to report their child's absence no later than 9:30 am.  
 Our curriculum and additional activities such as field trips, enhancements and special events occasionally involve food outside of our daily menu. Your signature below will serve as authorization for your child to participate in these additional nutrition activities.

|                           |                              |
|---------------------------|------------------------------|
| Child's Full Name         | Parent/Guardian Printed Name |
| Parent/Guardian Signature | / /<br>Date                  |

**DISTRACTED ADULT (April & Sept)**

During the 2018 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents, during the months of April and September each year, with information regarding the potential for distracted adults to fail to drop off a child at the facility/home and instead leave them in the adult's vehicle upon arrival at the adult's destination. My signature below verifies receipt of the Distracted Adult brochure.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Name of Child \_\_\_\_\_ Date \_\_\_\_\_

**KNOW YOUR CHILD'S DAY CARE CENTER**

Section 10M-12.008 (2) F.A.C. requires that parents must receive a copy of the Child Care Facility Brochure, KNOW YOUR CHILD'S DAY CARE CENTER. The Parent's or legal guardian's signature verifies receipt of the child care brochure. Please complete the following: I, \_\_\_\_\_, have received a copy of the Child Care Facility Brochure, KNOW YOUR CHILD'S DAY CARE CENTER.

Signature of Parent or Legal Guardian: \_\_\_\_\_ Name of Child : \_\_\_\_\_ Date \_\_\_\_\_

**"THE FLU" A GUIDE FOR PARENTS - (Sept)**

The parent's or legal guardian's signature verifies receipt of the brochure on the Influenza Virus and the Flu. Please complete the following: I, \_\_\_\_\_, have received a copy of "The Flu" A Guide for Parents brochure.

Signature of Parent of Legal Guardian \_\_\_\_\_ Name of Child : \_\_\_\_\_ Date: \_\_\_\_\_

**PARENT HANDBOOK AGREEMENT**

I agree to abide by all policies and procedures of Kids 'R' Kids as outlined in this Enrollment Agreement and the Parent Handbook. I hereby agree to all age-appropriate screenings and assessments as discussed in the Parent Handbook. I have read and understand the above statements.

Signature of Parent of Legal Guardian \_\_\_\_\_ Name of Child: \_\_\_\_\_ Date \_\_\_\_\_

**DISCIPLINE, EXPULSION & BEHAVIOR MANAGEMENT**

Praise, positive reinforcement, and redirection are often effective methods for the behavior management of children. When children receive positive, non-violent, and understanding interactions from adults and others, they develop good self-concepts, problem-solving abilities, and self-discipline. Based on this belief of how children learn and develop values, this facility will practice the following discipline and behavior management policy taken from Kids 'R' Kids, International operational guidelines and the NAEYC Code of Ethics.

Where appropriate, we will use positive reinforcement, time-away, and re-direction with children to guide children toward appropriate behavior. Guidance will be appropriate, respectful, not tied to food or toileting and within appropriate developmental expectation. At times a verbal reprimand, parent conference, or more serious discipline, up to and including dismissal, may be warranted. Corporal punishment is not permitted. We follow the NAEYC Code of Ethics – Principle-1.1: "Above all, we shall not harm children. We shall not participate in practices that are disrespectful, degrading, dangerous, exploitative, intimidating, emotionally damaging, or physically harmful to children."

Consistent application of disciplinary policies is sought, although each situation is judged on its merits, and every effort will be made to ensure that decisions are not arbitrary.

In some circumstances, a child may be placed on probation. Children who are placed on behavior probation may be required, at the school's discretion, to have their family sign a Behavior Action Plan with the school as a condition of continued enrollment. Failure to comply with the stipulations in the disciplinary probation agreement may result in dismissal.

Children may be dismissed for serious first offenses; repeat infractions (even if not related); conduct resulting in harm, damage, or disruption to the educational environment; parent or family member causing disruption to the School or the School's educational mission; non-payment of tuition or fees. Any matter taken under consideration by the Owner directly may be grounds for expulsion. The school reserves the right to dismiss any child at the sole discretion of the School's Director or Owner.

In addition, the school may report to the appropriate governmental authorities any actions that appear to violate law.

\_\_\_\_\_  
Program Manager

\_\_\_\_\_  
Date





**KNOW YOUR CHILD CARE FACILITY**  
Hillsborough County

Choosing an appropriate child care program is an important decision for both the parent and the child. Family needs as well as the child's individual needs should be considered in this process, including the child's age and developmental level.

This brochure is intended to provide helpful information regarding child care facilities. It summarizes the quality indicators of a child care facility, the parent's role in quality care, and some of the minimum standards used to license child care facilities.

This child care facility has met the state minimum child care licensure standards as outlined in section 402.305, Florida Statutes and Hillsborough County Child Care Licensing Ordinance 13-5.

License Issued on 7/1/22  
License Expires on 6/30/23

Circa Learning Center DBA Kids 'R' Kids #15 / Lithia Learning Center DBA Kids 'R' Kids #8

**CHILD CARE BROCHURE STATEMENT**

(Chapter 402.3125, F.S.)

On,   /  /  ,

I,

(Name of Parent or Legal Guardian)

Received a copy of the Child Care Brochure.

(Signature of Parent or Legal Guardian)

(Name of Child)

This information is for the facility's children's file unless statement is included on enrollment form.

Quality Child Care

Quality child care offers the child healthy, social and educational experiences under qualified supervision in a safe, nurturing, and stimulating environment.

Children in quality child care settings also participate in daily age appropriate activities that help develop essential skills, build independence and instill self-respect.

When evaluating child care settings for quality, the following quality indicators should be considered:

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 the social and emotional needs and developmental tasks for all children

Quality Environment

Are clean, safe, inviting, comfortable, and 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

#### Quality Activities

Are children initiated and teacher facilitated.

Include social interchanges with all children.

Are expressive including play, painting, drawing, storytelling, music, and dancing and other varied activities.

Include opportunities for all children to read, be creative, explore, and problem solve.

#### Parent's Role

The parent's role in quality child care is vital to its success. In partnering with the caregiver to achieve this goal, parents should:

Familiarize themselves with the child care standards used to license the child care facility.

Inquire about the qualification and experience of child care staff as well as staff longevity.

Know the facility's policies and procedures.

Communicate with the caregiver.

Visit and observe the facility and participate in special activities as well as scheduled meetings and conferences.

Talk to their child about their daily experiences in child care.

Arrange alternate care for their child if they are sick.

#### Licensing Standards

Hillsborough County Child Care Licensing Ordinance

Every licensed child care facility should maintain licensing standards that include but are not limited to, the following:

#### General Information

Have a valid license posted for parents to see.

Have all staff appropriately screened.

Maintain minimum staff-to-child ratios:

|                   |      |
|-------------------|------|
| Under 1 year old  | 1:4  |
| 1 year old        | 1:6  |
| 2 year old        | 1:11 |
| 3 year old        | 1:15 |
| 4 year old        | 1:20 |
| 5 years and older | 1:25 |

Maintain appropriate transportation vehicles and procedures.

Provide parents with written age appropriate disciplinary practices used by the facility.

Provide access to the facility during normal hours of operation.

Maintain usable indoor floor space for playing, working and napping

#### Physical Environment

Provide space that is clean and free of litter and other hazards.

Equipped with age and developmentally appropriate toys, bathroom facilities and other sufficient age appropriate furnishings.

Provide isolation area for children who become ill.

Instill proper handwashing, toileting and diapering activities.

Be accessible and appropriate for all children

#### Training Requirements

45 hour Introductory Child Care Training.

10 hours annual In-service training.

Facility Directors must have a valid Florida Director Credential

#### Health Related Requirements

Have established emergency procedures that include:

1-800-962-2873 Florida Abuse Hotline number posted along with other emergency numbers.

Staff trained in First Aid and CPR on the premises at all times.

Fully stocked first aid kit.

A working fire extinguisher and monthly fire drills and emergency drills posted.

Have a locked storage place for storing medication and hazardous materials.

#### Food and Nutrition

Posted menus for snacks and meals that provide daily nutritional needs of the children.

#### Record Keeping

Maintain accurate records that include: Children's health exams and immunization records, Medication records, Enrollment information, Personnel records, Accurate daily attendance records, Accident and Incident reports, Parental permission for field trips.

#### Additional Information

For further information about child care or specific child care facilities, please contact the

Hillsborough County Child Care Licensing Program Website:

[www.hillsboroughcounty.org/childcarelicensing](http://www.hillsboroughcounty.org/childcarelicensing)

Phone number: (813) 264-3925



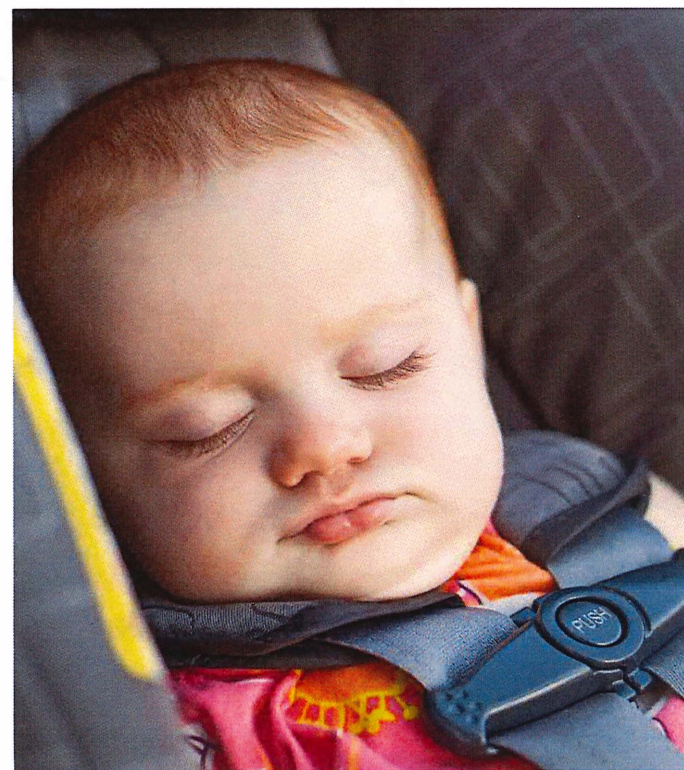
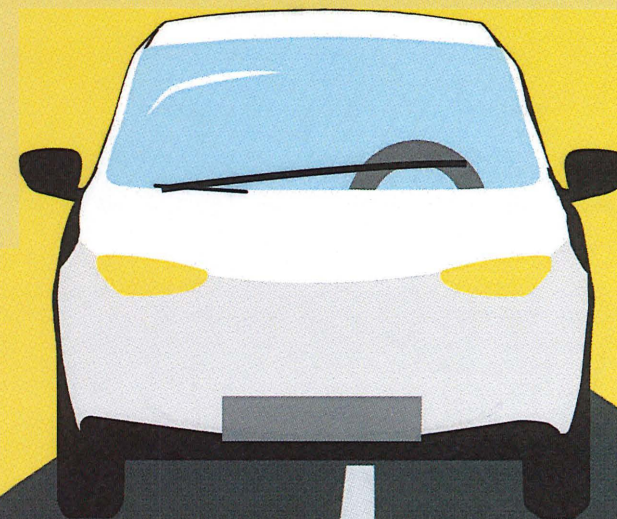
**A change in daily routine,** lack of sleep, stress, fatigue, cell phone use, and simple distractions are some things parents experience and can be contributing factors as to why children have been left unknowingly in vehicles...



Developed by:  
The Office of Child Care Regulation

[www.myflfamilies.com/childcare](http://www.myflfamilies.com/childcare)  
CF/PI 175-12, May 2019

When life happens...Don't be a  
**DISTRACTED  
ADULT**





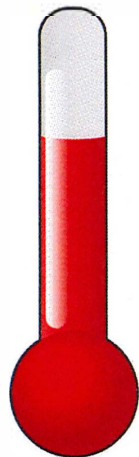


## FACTS ABOUT HEATSTROKE:

It only takes a car **10 minutes to heat up 20** degrees and become deadly.

Even with a **window cracked**, the temperature inside a vehicle can cause heatstroke.

The body temperature of a child increases **3 to 5 times faster** than an adult's body.



## PREVENTION TIPS:

- Never leave your child alone in a car and call 911 if you see any child locked in a car!
- Make a habit of checking the front and back seat of the car before you walk away.
- Be especially mindful during hectic or busy times, schedule or route changes, and periods of emotional stress or chaos.
- Create reminders by putting something in the back seat that you will need at work, school or home such as a briefcase, purse, cell phone or your left shoe.
- Keep a stuffed animal in the baby's car seat and place it on the front seat as a reminder when the baby is in the back seat.
- Set a calendar reminder on your electronic device to make sure you dropped your child off at child care.
- Make it a routine to always notify your child's child care provider in advance if your child is going to be late or absent; ask them to contact you if your child hasn't arrived as scheduled.

**During the 2018 legislative session,** a new law was passed that requires child care facilities, family day care homes and large family child care homes to provide parents, during the months of April and September each year, with information regarding the potential for distracted adults to fail to drop off a child at the facility/home and instead leave them in the adult's vehicle upon arrival at the adult's destination.



**My signature below verifies receipt of the Distracted Adult brochure**

Parent/Guardian:

---

Child's Name:

---

Date:

---

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

## 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?

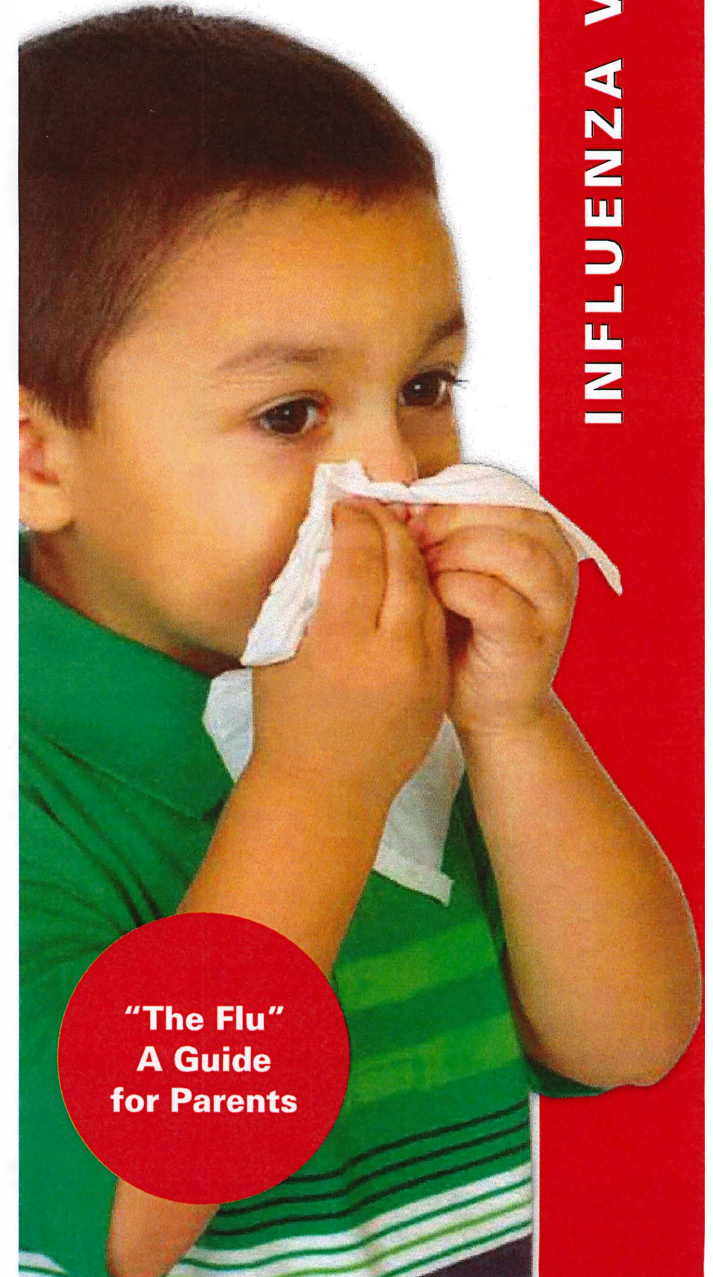
Most people with the flu feel tired and have fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. Because the flu and colds have similar symptoms, it can be difficult to tell the difference between 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](http://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



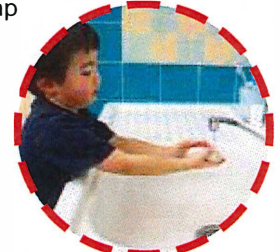
## **How can I protect my child from the flu?**

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/>**

