



Dear Parent or Guardian,

Many children in the child care currently have a cold. There are many different viruses that cause the common cold and most young children catch between 6 and 10 colds each year. Symptoms of the common cold include runny and stuffy noses, watery eyes, sore throat, coughing, sneezing, chills, and body aches. These symptoms usually last 3 to 10 days, but may persist up to three weeks. There is no effective cure for the common cold; antibiotics will not cure a cold. You may wish to contact your child's health care provider for information on how to reduce the symptoms.

To help prevent the spread of colds, remind children to cover their nose and mouth when they cough or sneeze and to wash their hands thoroughly with warm water and soap afterwards. Also remind them not to touch their nose, eyes, or mouth to help keep germs out of their bodies.

Because the virus can be spread even before symptoms appear, we do not exclude children with colds. However, if your child cannot comfortably participate in the planned activities, we may choose to send your child home. Parents should consider arranging back-up care should a child become too ill to be in child care. For more information about managing with illnesses in child care settings, please contact the Snohomish Health District's Communicable Disease Outreach program 425.339.5278.

*This letter was printed from the Snohomish Health District's website. If your child's caregiver has provided you with this notice and you have additional questions, call Communicable Disease Outreach at 425.339.5278. This letter is reviewed annually. This document is not valid after 06/2012.*