

Notice of Exposure to Contagious Disease

Center: _____

Date: _____

Dear Parent or Legal Guardian:

A child in our program has: RSV (Respiratory Syncytial Virus)

Information about this disease: A viral infection of the respiratory system. It is the most common cause of respiratory infections in infants and children under two years of age. Most infections occur in the winter from November to April.

The disease is spread by: RSV is highly contagious and spread by direct contact with infectious discharge on toys, surfaces and objects. Droplets from a cough or sneeze may also cause infection.

The Symptoms are: Symptoms appear similar to a cold or mild respiratory infection with nasal stuffiness, and discharge, cough, and difficulty breathing. About half of the infections result in pneumonia and ear infections. In older children and adults, RSV causes upper respiratory infections involving the nose, throat or sinuses.

The disease can be prevented by:

1. Good hand washing
2. Avoid contact with nasal discharge and mucus
3. Dispose of tissues properly
4. Clean and disinfect toys
5. Open windows to air out rooms
6. Avoid kissing infants and children on the mouth

When should children with this illness be excluded? Children diagnosed with RSV are excluded from center if they are running a fever or too ill to participate. They may return when they are fever-free for 24 hours without the use of Tylenol or Motrin and feel well enough to participate.

What the program is doing to reduce the spread:

1. Good hand washing
2. Teach children to use tissues or cough/sneeze into their elbow or shoulder
3. Teach children not to share food, eating utensils or toothbrushes
4. Open windows & lots of outdoor time.
5. Clean and disinfect toys and classroom surfaces frequently.

What you can do at home to reduce the spread:

1. Wash hands often
2. Use tissues when sneezing or wiping noses
3. Open windows for lots of fresh air
4. Teach children not to share food, eating utensils or toothbrushes.

If your child has any symptoms of this disease, call your health care provider to find out what to do and be sure to tell them about this notice. If you do not have a regular health care provider to care for your child, ask staff here for a referral. If you have any questions please contact:

Family Worker/Home Visitor

Phone Number