

**From:** [daycare-l-bounces@mailman.ucsd.edu](mailto:daycare-l-bounces@mailman.ucsd.edu) on behalf of [UCSD Daycare](#)  
**To:** [daycare-l@ucsd.edu](mailto:daycare-l@ucsd.edu)  
**Subject:** [Daycare-L] FW: 2019-2020 Flu Season  
**Date:** Thursday, January 09, 2020 7:11:39 AM

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Dear Parents,

Please see the notice below sent to campus by the Office of Environment Health & Safety (EH&S) on Monday regarding flu season this year. Flu is a contagious disease caused by a virus which can lead to serious health conditions like pneumonia or bacterial infections. In addition to the resources provided by EH&S, here are some links with information for parents available from the Center for Disease Control and Prevention (CDC).

See: [children and influenza flu guide for parents](#)

In an effort to promote health and reduce illness, the Early Care and Education Department has consulted with UC San Diego Pediatrics and Student Health Services, and will be implementing the following strategies at both centers until the end of March.

- **Vaccination:** Following the implementation of the SB 792 mandate, all of our staff, students and volunteers are required to get an annual vaccination for the flu (unless exempt). We have been advised that a flu vaccine is the best way to protect against getting the flu. The CDC recommends that all children 6 months and older receive a flu vaccination each year. If your child is not yet 6 months old, the CDC recommends that the people who live with or care for the child get vaccinated (this is called 'cocooning' as a preventive measure). Many health insurance companies offer vaccinations at no cost. If you are a student parent, you can make an appointment with Student Health Services to receive a free flu vaccine - <https://wellness.ucsd.edu/studenthealth/resources/health-topics/flu/Pages/default.aspx>

**Fever:** Fevers are common in young children and are most often a sign that the body is fighting an infection. A child with a high or rising fever can be contagious for up to 24 hours or until the fever has stopped. The American Academy of Pediatrics advises children stay home if they are unwell in order to safeguard the health of their classmates. During flu season we will call you to pick up your child if he or she is unwell and has flu like symptoms, is unable to participate comfortably in the program and/or has a fever of 100 degrees or higher.

- **Hygiene:** Hand wipes have been provided for you to use at the sign-in area before entering the classroom environment. Whenever children are together there is a chance of spreading infections, so we teach them to cough or sneeze into their elbow or shoulder and to wash their hands frequently, especially before handling food. Please take your child directly to the bathroom to wash his/her hands (for at least 20 seconds) before beginning the day, and reinforce these practices at home.
- **Morning Health Check:** We will continue to take your child's temperature and

conduct a morning health check as per our State Health and Safety regulations, when you first arrive into the classroom (before signing your child in).

- **Sanitization:** We will continue to implement the precautions recommended by the National Association for the Education of Young Children (NAEYC) for daily cleaning and sanitization in the classroom.
- **Sensory Activities:** To avoid the spread of germs, children will wash their hands before and immediately following sensory play activities e.g.: water play, play do, sand play etc.

Thank you for your support in implementing these strategies so that together we can do all we can to protect our children against flu infection this season.

Sincerely,

Kathryn Owen  
Director of Early Care & Education

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**From:** all-official-l-bounces@announce.ucsd.edu [mailto:all-official-l-bounces@announce.ucsd.edu] **On**  
**Behalf Of** Environment Health & Safety  
**Sent:** Monday, January 06, 2020 2:23 PM  
**To:** All Academics Staff and Students at UC San Diego  
**Subject:** 2019-2020 Flu Season

UC SAN DIEGO  
CAMPUS NOTICE  
University of California San Diego

OFFICE OF ENVIRONMENT, HEALTH & SAFETY

January 6, 2020

ALL ACADEMICS, STAFF AND STUDENTS AT UC SAN DIEGO

SUBJECT: 2019-2020 Flu Season

In the past few weeks, influenza activity has increased significantly and is now widespread throughout California, including San Diego County. As part of UC San Diego's ongoing commitment to providing information to

its community, we encourage you to visit the resource links below for information about the 2019-2020 flu season.

Center for Disease Control and Prevention

<https://www.cdc.gov/flu/season/faq-flu-season-2019-2020.htm>

County of San Diego Influenza Watch

<https://www.sandiegocounty.gov/hhsa/programs/phs/documents/InfluenzaWatch.pdf>

We strongly recommend that you get vaccinated. Many health insurance companies offer vaccinations at no cost.

In addition to getting the flu vaccine, good health habits — like covering your cough and washing your hands often and staying home when you are sick — can help stop the spread of germs and prevent spreading respiratory illnesses, including the flu.

If you have any additional questions, please contact Corey Singleton, Director of Environment, Health & Safety at [csingleton@ucsd.edu](mailto:csingleton@ucsd.edu) or 858-822-4923.

Thank you,

Corey Singleton  
Director of Environment,  
Health & Safety