



## Feeling Ill?

Dear Parent/Guardian/HHP,

The peak of the cold and flu season is upon us in addition to COVID. **To prevent widespread illness within the community and at ABLE, we request that your individual stay home if he/she is experiencing any symptom(s) of illness and contact the ABLE representative immediately.**

Definitely stay home for treatment and observation if he/she has any of these symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache
- Fever (greater than 100 degrees by mouth). Return to day program after a temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach everyone in the household good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. Anyone who has a fever should remain at home until "fever free" for a minimum of 24 hours without the use of medication. Those who have started antibiotics need to be on the medication for 48 hours before considered non-contagious and able to return to day program. Often when a person awakens with vague complaints (the way colds and flu begin) it is wise to observe that person at home for an hour or two before deciding whether or not it safe to come to day program. Keeping a sick person at home will minimize the spread of infections and viruses to the community and at ABLE day program.

**Thank you in advance for helping make this year healthy!**

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