



Dear Parents and Guardians,

We request that you do not bring your child to North Vancouver Recreation Commission programs and activities if they are sick or have symptoms of flu influenza.

Below are some things you may wish to consider as you try to determine if your child is ill, and should not be attending their program. Your child may be unaware of their limitations so we ask parents to refrain from asking your child if he/she feels well enough to attend. Keep your child home to speed their recovery and prevent the spread of flu influenza.

Please keep your child home if he/she:

- Has symptoms of fever, cough, sore throat, body aches, headache, constant runny nose, chills and fatigue
- Is too sick to participate in all normal activities
- Has vomited or had diarrhea during the previous 24 hours

You can call [HealthLinkBC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions.

We make these requests for the following reasons:

1. **The protection of others.** Germs spread easily and quickly through children – we want to maintain a healthy environment for everyone.
2. **A child's recovery could be delayed.** He/she is more likely to acquire other illnesses when the immune resistance is reduced.
3. **The inability of your child to focus and function** in activities may possibly create an unsafe situation for your child's participation.

A good rule of thumb is: *If in doubt, don't send your child to class.*

Thank you for your cooperation in helping prevent the spread of illness and flu influenza.

North Vancouver Recreation Commission