



Date: \_\_\_/\_\_\_/\_\_\_

Dear Child Care Professional:

I have carefully evaluated \_\_\_\_\_ and have diagnosed him/her as having:

- Cold or flu                       Middle ear fluid (Otitis Media with Effusion, OME)  
 Cough                               Viral sore throat  
 Other: \_\_\_\_\_

This illness is caused by a virus. Antibiotic treatment will not cure a viral illness (antibiotics only are effective in treating bacterial infections). In fact, if antibiotics are given when they are not needed, they may be harmful by increasing the child's risk of a resistant infection.

This child may return to daycare when he/she does not have a fever. At that point most children can participate in activities, and do not require so much care that the health and safety of other children would be jeopardized. Excluding children with viral illness does not decrease the spread of infection to other children because viruses are likely to be spread even before symptoms of illness occur.

Sincerely yours,

P.S. Here is an expert review that supports these recommendations.

American Public Health Association and American Academy of Pediatrics. *Caring for Our Children. National Health and Safety Standards: Guidelines for Out-of-Home Child Care Programs — 2<sup>nd</sup> Edition, 2002.*

