

**SSPC CC's Health Care Policies for  
Management of Respiratory Viruses and Other Illness  
Updated September 16, 2025**

Greetings SSPC CC Families and Teachers,

Recently, students/staff attending our program have become sick with Influenza-Like Illness (ILI). Symptoms have included fever, cough, sore throat, and congestion/runny nose. Students/staff who have become ill at school with ILI have been evaluated and sent home as appropriate.

Influenza, RSV (Respiratory Syncytial Virus) and ILI are spread mainly by droplets made when people who are ill cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get infected by touching a surface or object that has virus on it and then touching their own mouth or nose.

Here are a few things you can do to help prevent the spread of these viruses:

- \* Teach **your children to wash their hands** often with soap and water or use an alcohol-based rub if soap and water is unavailable. You can set a good example by doing this yourself.

- \* Teach **your children not to share personal items** like drinks, food or unwashed utensils, and **to cover their coughs and sneezes with tissues**. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue are not nearby.

- \* Get **age-appropriate and seasonal vaccinations when available**.

- \* Know **the signs and symptoms of ILI**: Symptoms include fever (100 °F, 37.8 ° C or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

- \* **Do not send children to school if they are sick**. Out of an abundance of caution, children who demonstrate the above noted symptoms -fever, diarrhea, vomiting, and/or ILI symptoms that prohibit them from actively participating in class **will be sent home**.

- \* **Keep children who have a fever or significant illness at home** to prevent the spread of germs and ensure they get the care they need to recover. A child with a fever may not return to school for at least 24 hours after the fever is gone, without the use of fever-reducing medicine. A fever is a key symptom that indicates potential infection and contagiousness, making it crucial to keep the child home to protect others in our school community. Children should also be able to fully participate in the day's normal activities.

**SSPC CC reserves the right to implement a 48-hour exclusion period while in Health Department outbreak status and will implement any guidance from the Local Health Dept.(LHD) or Maryland Dept. of Health (MDH).**

If your child exhibits symptoms associated with these viruses, please consult your primary care physician for evaluation.

Note that infants, toddlers, seniors and pregnant women, and people with certain underlying health conditions are at increased risk of severe illness or complications and should especially consult with their primary care physician if they develop symptoms of ILI.

**\* We have incorporated infection control measures to include:**

- *To the best of our ability, we will cohort our staff and students. This means that personnel will remain with their assigned classes and will limit the interaction with children and staff in other classes,*
- *We will also continue to undertake cleaning, sanitizing and disinfecting throughout the day, along with ventilation methods, with follow-up by our housekeeping staff at the end of the day*
- *Teachers will conduct daily health observations of all students upon arrival and throughout the day. If a student exhibits symptoms of illness, staff will refer the matter to the Manager on Duty (MOD) for further assessment and follow-up as required.*

Our Health Care policies for management of respiratory and other illness are updated at this time. These policies are primarily developed from, and informed by the recommendations and requirements of federal, state, and local agencies, as well as internal infection control. The agencies, contacts and resources include:

1. **COMAR 13A.16.11 - This section of the Maryland Code of Maryland Regulations details the HEALTH requirements for child care centers**
2. **CDC Preventing Spread of Respiratory Viruses When You're Sick** (August 18, 2025)  
<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>
3. **Montgomery County Department of Health and Human Services' (MCDHHS) COVID-19 School and Daycare Point of Contact and Investigator**
4. **MCDHHS Communicable Disease Office**
5. **Maryland Department of Health (MDH) – Division of Outbreak Investigation Outbreak Reporting Guide for General Communicable Diseases**  
[https://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/hom24029\\_at1.pdf](https://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/hom24029_at1.pdf)
6. **Healthy Children.Org website - created and reviewed by the American Academy of Pediatrics (AAP) and its 67,000 pediatrician members.**  
<https://www.healthychildren.org/English/Pages/default.aspx>

Updates will continue to be provided.