

To prevent the wide spread of flu in the school, we recommend that your child stay home from school if experiencing flu like symptoms. To decide whether or not to send your child please consider the following guidelines.

Please keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever-greater than 100°F
- Sore throat (in conjunction with any of the other symptoms listed)
- Vomiting (even once)
- Diarrhea
- Chills
- Frequent congested (wet) or croup cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other cold viruses, teach your children good hygiene habits:

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

Colds and influenza are the most contagious during the first 48 hours. A child who has a fever should remain at home until they are “fever free” without medication for a minimum of 24 hours. Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will help minimize the spread of infections and viruses in the classroom.

It is recommended everyone from 6 months of age and older get a seasonal flu vaccine each year. You need this season’s influenza vaccine to protect against the influenza viruses most likely to circulate and cause illness this season. It is not too late to be vaccinated, please contact your primary care provider or school nurse for assistance.

Below please find the link to the CDC’s guide to families.

<https://www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf>

Thank you in advance for helping our school to stay as healthy as possible.