

2-14-2020

Dear Parents and Guardians,

The flu is active in our area in the form of influenza A and B. The CDC recommends that anyone with flu symptoms or “influenza like illness” (fever, body aches, chills, cough) should do the following to help prevent the spread of illness:

1. Wash your hands often.
2. Cough into your elbow or use tissues, and dispose of used tissues immediately.
3. Stay home from work or school until fever free for 24 hours without taking tylenol or ibuprofen.
4. Protect yourself and others from getting or spreading the flu by getting a flu shot. It is not too late!

In addition to the flu, many other illnesses are present where people gather this time of year. The vomiting flu is easily and quickly spread, as well as strep throat. We have many students and staff who may be more susceptible to illness. To maintain a healthy environment for your child at school, we need your help.

PLEASE KEEP YOUR CHILD HOME if he or she has any of the following symptoms:

1. **Inflamed, reddened eyes with drainage.**
2. **Vomiting or diarrhea.** If your child has been up vomiting all night, he or she will most likely not feel well enough to be in school. He or she will still be shedding the virus and will make other people sick.
3. **Temperature of 100 degrees or greater.** If your child needs medicine to keep his or her temperature down, he or she should not be in school.
4. **Sore throat,** especially if accompanied by headache, difficulty swallowing or pain with swallowing.
5. **Seizures which differ from your child’s normal seizure pattern.**
6. **Difficulty breathing/ significant lung congestion/ wheezing** not improved by medication prescribed by your doctor.
7. **Rash of unknown cause**
8. **Open, running sores on the skin or mouth.**

Please note that school vacation is a great opportunity to wash lunchboxes, backpacks, coats, water bottles, etc.

Thank you for your help. Please do not hesitate to call me with any questions or concerns.

Carol T. Warmuth RN
School Nurse
404-5700