

January 31, 2019

Dear Parents,

As you all know, it is flu season. The number of reported cases of the flu/influenza has the potential to rise quickly. This letter is to inform you that there have been some confirmed flu/influenza cases in the district. As of *today* the number of *confirmed* cases is still low. There will be cases that are not confirmed by a healthcare provider.

The flu is very contagious and can spread quickly. It can spread person to person by breathing in droplets in a cough, sneeze, or runny nose that contains the virus. People who have the flu may be able to infect others by the virus shedding from one day *before* they get sick to 5 to 7 days *after* symptoms begin.

Very Important! When can my child return to school after having the flu?

- Keep your child home for at least 24 hours **after** the fever is gone, (without the use of Tylenol or Ibuprofen) and 24 hours after vomiting and/or diarrhea subsides.
- **If your fever goes down after you take Tylenol but then comes back when it wears off, it's not really gone and you are still contagious.**
- The 24 hours after fever is gone or vomiting or diarrhea is gone is the **very least amount of time...your child may need a longer time to feel well enough to participate** in school *even* if there are no active symptoms! Flu takes a toll!

Signs and Symptoms of the flu *may* include:

- The flu comes on quickly. Most people with the flu feel very tired and may have a high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting or diarrhea. If you suspect you or a family member is sick with flu, contact your doctor for further evaluation *as soon as possible*.

Treatment:

- The flu can be treated with antiviral drugs. Acetaminophen (Tylenol) or ibuprofen may be taken to reduce fever and increase comfort. **Avoid products containing Aspirin.**

Prevention:

- Centers for Disease Control and Prevention recommends **vaccination** for everyone 6 months and older;
- **Hand washing with soap and water, especially before meals; alcohol based hand sanitizers will work;**
- **Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in trash and wash hands;**
- Avoid touching your eyes, nose and mouth. Germs spread this way;
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children.