

Dear Parent/Guardian:

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

Several cases of the flu (influenza) have been confirmed in your child's school.

The flu is a contagious respiratory illness caused by a seasonal influenza virus which can spread easily from person to person. Symptoms of the flu include a fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), however not everyone will have a fever, cough, sore throat, a runny or stuffy nose, body aches, headache and feeling tired. Some people, more common in children than adults, may also vomit or have diarrhea. If one household member has flu symptoms, the rest of the family is more likely to develop symptoms.

The flu virus spreads mainly by droplets made when people with the flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose. The incubation period is from one day before symptoms develop and up to 5-7 days after becoming sick.

**The single best way to prevent the flu is to get a flu vaccine** each season between September and January. While everyone should get a flu vaccine each flu season, it's especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications. This high risk group includes children younger than 5, Adults 65 years of age and older, pregnant women and people with medical conditions. For more information, visit [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO for the most current information about the flu.

We take the health of our students seriously and work very hard to keep the flu virus from spreading. The steps we take include:

- Regularly cleaning frequently touched areas such as door knobs, light switches and faucets with approved disinfectant.
- Continually accessing students in the classroom and sending them to the clinic for evaluation if they have flu symptoms.
- Separating sick students from healthy students in the clinic.

We also instruct students and staff to use the following preventative practices to fight the flu:

- Wash hands often with soap and water or use alcohol-based hand sanitizers when soap and water are not available.
- Cover coughs with a disposable tissue or cough into their sleeves.
- Avoid touching eyes, nose and mouth.
- Avoid sharing cups and eating utensils.

You can help us maintain a healthy school environment in a variety of ways:

- Reinforce all the above preventative behaviors practiced at school.
- Keep sick children home for at least 24 hours after they no longer have a fever, or do not have signs of fever, without using fever-reducing drugs. Children who are determined to be sick at school will be sent home.
- Inform the school if your child is diagnosed with a confirmed case of the flu.

If your child becomes sick or you have questions concerning the flu, please contact your health care provider. Thank you for your cooperation.

Sincerely,