

Flu Season 2018

To: Parents/Guardians
From: Nurse Debbie
Re: Flu Season and Sick Kids

Flu season is upon us. Soon we will be seeing increased school absences due to colds and flu. **This is a reminder to all parents and guardians as to when to keep your children home.**

Influenza is a highly contagious disease caused by influenza viruses. It is spread by person-to-person contact or through the air by coughing or sneezing. Symptoms can include fever, cough, sore throat, muscle aches, headache and extreme fatigue. Associated with 36,000 deaths and 200,000 hospitalizations, flu is nothing to take lightly.

If your child is ill, it is very important that you keep him/her home from school. Sending your child to school when he/she is sick only spreads more germs around. *If your child ran a fever yesterday and seems a little better today, an extra day at home is the best choice.* **Your child must be fever-free for 24 hours before returning to school.** **Sick children will be sent home** so please just keep your children home if they are showing the following symptoms:

- Fever of 100° or above. Keep your child at home even if he/she has a fever of 'only' 100°
- Exhaustion or unusual fatigue.
- Headache and muscle aches
- Coughing
- Sore throat
- Sneezing/runny nose

A person with influenza can be contagious even before symptoms appear. **Children who are ill need to stay at home!!!** You can help prevent the spread of influenza and other germs by practicing the following steps:

- ❖ Cover your nose and mouth with a tissue when you sneeze or better yet; sneeze into your elbow so germs don't get deposited on the hands quite as easily;
- ❖ Use a tissue to wipe or blow your nose and quickly throw away used wipes;
- ❖ Wash your hands frequently with soap and warm water or use a hand sanitizer if you are not near water. Hand sanitizers, while good to use occasionally, are NOT a substitute for good handwashing!

I am in the process of doing hand washing classes at the schools so please reinforce those lessons by modeling good handwashing at home and by encouraging your child to wash properly also.

If you have any questions, please don't hesitate to call me at the school or call the Whitman County Health Department at 397-6280 for more information on flu activity in Whitman County.

Have a safe and healthy winter!!

Please remember to call the school in the event that your child is absent so that the absence is excused!

**St. John School: 648-3336 or
Endicott School: 648-3523**