

February 06, 2018

Dear Parent,

This letter is to remind you of the signs and symptoms of the flu:

Fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea.

***Some people do not get a fever with the flu!***

The flu is spread by droplets made when people talk, sneeze, or cough. It can also be spread by touching something with the virus on it and touching your mouth, nose, or eyes.

-Cover coughs and sneezes with a tissue and then throw it in the trash.

-Stay away from people who are sick.

-Wash hands often with soap and water.

-Don't touch your eyes, nose, or mouth.

**-If your child has fever, do not send them to school. They should not return to school until they have not had any fever for at least 24 hours.**

**Please do not give your child medication to reduce a fever and send them to school. They are still contagious!!**

**-If your child is vomiting or having diarrhea, do not send them to school.**

**They should have no vomiting or diarrhea for at least 24 hours before they can return to school.**

-If you think that your child may have the flu, please take them to their doctor right away at the first symptoms. They can give your child medication that will help.

**If your child gets the flu, please call and notify the school.** Please ask your doctor when your child can return to school and send that note with them when they come back.

Thank you for helping us to keep our students safe.

Sincerely,

Jennifer Whitehead RN

Armored School Nurse

