

Dear Parents,

This is just an update that a few cases of flu and/or flu like symptoms continue to be reported. Please read the following information and guidelines.

Symptoms of the flu: fever (temp over 100 within last 24 hours), sinus drainage, congestion or complaint of a sore throat longer than a day or 2, red throat or enlarged tonsils, increased cough, complaints of headache or body aches, fatigue, decreased appetite with or without vomiting or diarrhea.

Some prevention tips to try to keep your children and families healthy: Good and frequent handwashing with soap and water at school and upon arrival home from school or elsewhere. Do not share food, cups and utensils. Cover coughs and sneezes with tissues or inner arms, dispose of the tissue and wash hands afterwards. Good disinfection at home: doorknobs, handles, countertops, sinks, phones, remote controllers, keyboards etc.

Ensure your child/children are getting adequate hydration, rest and eating healthier foods. Try to avoid contact with others that have been or may becoming ill.

Please note the CDC recommends obtaining a flu vaccination every year. This should be discussed with your child's doctor if you have questions or concerns about the flu vaccine.

If your child/children are experiencing any of these symptoms, please have them remain at home so they may benefit from rest and hopefully have a quicker recovery and also to decrease the spread of possible flu. You may need to seek medical attention to confirm diagnosis of the flu if uncertain or symptoms are not improving. Please have your child or children remain home until they have not had a fever for 24 hours without the use of fever reducing medication.

Thank you for your understanding and support.

NDES School Nurse