



IMPORTANT FLU AND ILLNESS UPDATE

Dear Parent or Guardian,

The state and federal guidelines we will be following this school year are for all types of Influenza viruses (“Flu”), including the H1N1 flu virus. As you may know the flu and other respiratory viruses spread very easily from person to person. ***We need your help*** to minimize the spread of these illnesses in school, at home, and throughout the community.

- Show your children how to wash their hands properly and teach them when they should wash their hands – especially after they cough, sneeze, or blow their nose.
- Contact your health care provider for information regarding flu vaccines.
- If your child appears sick or has any cold or flu symptoms (cough, sneeze, stuffy nose, sore throat, headache, vomiting, diarrhea or fatigue) – please take their temperature. Students should not go to school if they have a temperature of 100 degrees or more.
 - Please contact your health care provider if you need advice about the best way to take a temperature

- ***On the back of this page is the “When to keep your child home from school, camp, or day care” guidelines from our local Health Department***
- ***These are the same guidelines we will be following in school this year***

- If a student is seen by the school nurse and found to have a temperature of 100 degrees or more and has a sore throat or a cough (“Influenza Like Illness”) he or she will be sent home.
 - Please make arrangements for the day time care of your child in case he or she needs to either stay home or is sent home by the school
 - Any student with these symptoms in school cannot return to school the next day or until they go the 24 hours without a fever
 - Please make arrangements for transportation if your child needs to be sent home early
 - Please call the school in advance if you have difficulty with early dismissal transportation

All of our schools will be following state guidelines to help minimize the spread of illness in school. Our goal is to keep all of our schools open and functioning so we can continue to provide your children with a quality education. We value our partnership with students, families, and the community and look forward to working together on this issue as well as others that the future may bring.

“Innovators in Education”



WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL, CAMP OR DAY CARE

A FLU SYMPTOM CHECK LIST FOR FAMILIES

The symptoms of influenza (flu) include fever, cough, sore throat, and sometimes body aches, headache, chills and feeling tired. Some people also have diarrhea and vomiting. **The most important thing that you can do to keep flu from spreading in the community is to keep your sick child at home.**

Use the following checklist to help decide if you or someone in your family may have the flu:

- YES NO Does your child have a cough?
- YES NO Does your child have a sore throat?
- YES NO Does your child have a headache, body aches or chills?
- YES NO Does your child have vomiting or diarrhea?
- YES NO Does your child have a fever of 100 degrees or more?

SHOULD I KEEP MY CHILD HOME?

If you checked **yes** to:

- Fever of 100 degrees or more
AND
 - Cough or sore throat
- your child has an influenza-like illness.

Keep your child home for at least 24 hours after the fever is gone. The fever should be gone without the use of fever-reducing medicines like ibuprofen (products like Advil) or acetaminophen (products like Tylenol.) Read the ingredients listing to see if either of these medicines are present in products that you use.

If you checked "yes" to only one of the questions above, or if your child is ill with other symptoms, keep your child at home for at least one day to continue observation. If other symptoms develop, use the check list questions again to decide whether to continue to keep the child home. If your child does not have influenza-like illness based on the check list above, return to school can occur after he or she has been completely well for 24 hours.

Note: This information is subject to change, depending on conditions and recommendations from the CDC. Stay informed! Check on the QVHD website for updates, www.qvhd.org