

January 12, 2017

Dear Families,

One of our students was diagnosed with influenza (flu) today. This student is home and healing. Flu activity is expected to continue and increase over the next couple of months. Flu vaccine is available if your child(ren) remains unvaccinated.

Attached is a sheet that provides information about the flu. The first signs can include fever, cough, sore throat, headache, fatigue, or body aches.

The most important thing we can all do to keep our families healthy is to stay home when we are sick. The following checklist can help determine if someone has influenza.

Does my child have the flu?

Yes No Does your child have a fever of 100 degrees or more?

Yes No Does your child have a cough?

Yes No Does your child have a sore throat?

Should I keep my child home?

If you checked yes to: A fever of 100 degrees or more **AND** a cough or a sore throat
Your child has an influenza-like illness.

- Keep your child home for 24 hours after the fever resolves without the use of medicine
- If you checked yes to only one of the above, keep your child at home at least one day to watch for other symptoms.
- If additional symptoms develop, please use the checklist questions again to decide if your child should continue at home.

When should my child go to the doctor?

Call your doctor or seek medical care if your child has trouble breathing or has behavior changes in eating or drinking habits. Call your healthcare provider if your child is ill enough that you would normally seek healthcare advice.

Sincerely,
Shannon Robbins, RN
School Nurse