

August 11, 2009

Dear Parent/Guardian:

Currently we do have students missing school due to the flu. Parents/Guardians are encouraged to keep their child/children at home if he or she has flu like symptoms. If your child has flu like symptoms please seek medical attention. Please find below a list of signs and symptoms to look for as well as precautions you can take in preventing the flu.

Signs/Symptoms:

Fever
Chills
Body/muscle aches
Vomiting
Sometimes diarrhea
Sore throat
Dry cough
Headache
Extreme tiredness
Runny or stuffy nose

Universal precautions:

Wash hands (use hand sanitizer when soap and water is not available)
Throw away used tissues
Avoid close contact with sick people
Keep hands and fingers away from face- germs spread this way
Cover coughs (cough into sleeve)
If sick, limit contact with others to keep from infecting them
If you are sick stay home for at least 24 hours after your fever is gone (your fever should be one without the use of a fever-reducing medicine)