

### **COLD AND FLU SEASON!**

As you know the flu season is upon us and we would like to remind you of simple ways we can keep illness from spreading.

*Practice good hand hygiene.* Washing our hands with soap often is a great way to make sure germs aren't being transferred from one person to another. Alcohol-based hand cleaners are also effective, but soap and water should be used whenever possible. Remind your child to lather their hands thoroughly before rinsing! Teach your children that their hands should look like they have soapy 'gloves' on before they rinse. This a good visual cue to help children to remember to wash all areas of the hands.

*Practice respiratory etiquette.* The main way that cold and flu viruses spread is from person to person in the droplets produced by coughs and sneezes, so it's important to cover your mouth and nose with a tissue when you cough and sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder - not into your hand.

*Stay home if you are sick.* Students with influenza-like symptoms (**such as fever of 100 or higher, body aches, cough, sore throat**, etc.) should stay home and not return to school until fever-free for at least **24 hours** without the use of fever-reducing medications. If your child is found to have these symptoms during school hours, they will be sent home to rest and recover. If the flu conditions become more severe, CDC recommends that the sick person stay home for 7 days. A person who is still sick after 7 days should stay home until 24 hours after the symptoms have gone away. Also if flu conditions of a family member are **very severe**, school aged children should stay home for 5 days. The 5 day period provides enough time to know if anyone else is sick with flu (CDC recommendations).

Please report to the school nurse **any** medically diagnosed illness by phone or email

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