March 4, 2020

As you all know, it is flu season and we continue to have some confirmed flu/influenza cases in the district. **We are working diligently to clean and disinfect classrooms, common areas, and school buses and other vehicles.**

The flu is very contagious and can spread from person to person by breathing in the droplets in a cough, sneeze or runny nose that contain the flu virus. People with the flu may be able to infect others by spreading the virus from one day before getting sick to five to seven days after symptoms begin.

**Signs and Symptoms of the flu may include:**
The flu comes on quickly. Most people with the flu feel very tired and may have a high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, vomiting or diarrhea.

If you suspect you or a family member is sick, contact your doctor for further evaluation as soon as possible.

**Prevention**
- Centers for Disease Control and Prevention recommends vaccination for everyone 6 months and older;
- Hand washing with soap and water, especially before meals; alcohol based hand sanitizers will work;
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw tissue in trash and wash hands;
- Avoid touching your eyes, nose and mouth. Germs spread this way;
- Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Use household disinfectants according to directions.

**When can my child return to school after having the flu?**
Keep your child home for at least 24 hours after the fever is gone, and 24 hours after vomiting and/or diarrhea subsides. In following these simple guidelines, it will assist the school in decreasing the spread of illness. If you have any questions, please do not hesitate to contact the school nurse at 263-6111.