



3/4/19

Dear Ideal Families,

We have seen an increase in student absenteeism mostly due to fever, cough and/or sore throat with some flu diagnoses.

To prevent widespread flu in our community, we recommend that your child stay home from school if he or she is experiencing flu-like symptoms which include:

- Fever (100 degrees or over). **At this time, all individuals with flu-like symptoms and a temperature of 100 or over need to remain home until at least 24 hours after they are free of fever without the use of fever-reducing medications.**
- Cough
- Runny &/or Stuffy Nose
- Body Aches
- Headache
- Chills
- Fatigue
- Sometimes vomiting and diarrhea (more common in children than adults)

Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring him/her to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

It is recommended that children exhibiting symptoms above seek medical evaluation. Make sure to let the health care provider know about this letter.

To help prevent the flu, practice and teach your children good hygiene habits:

- Wash hands frequently with soap and water
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Individuals 6 months of age or older should receive a flu vaccination unless they have a medical contraindication

We will continue to closely monitor our daily attendance and will be increasing cleaning within the school. Please make sure to report your student's exact symptoms and if they have been diagnosed by a doctor with flu or other contagious illness when calling to report absences. Make sure the school office has current phone numbers to reach you if your student becomes ill at school and have plans in place if students need to be picked up early.

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