

Dear Parent/Guardian:

The following information is being provided to you as a guideline regarding precautions to be taken as we start the school year and the flu season approaches.

Thank you in advance for your assistance in this area.

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

- Practice good hand hygiene** 1. By washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose** 2. With a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- Stay home if you or your child is sick** 3. For at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
- Get your family vaccinated** 4. For seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.