

January 30, 2018

Dear Parent/Guardians,

As the flu season continues, we would like to provide you with possible signs and symptoms and steps you could use to help prevent the spread of virus to your home.

Illnesses like colds and flu are spread from person to person via respiratory droplets. These droplets are spread by coughing, sneezing, or by touching objects or people with contaminated hands. We know that some viruses and bacteria can live two hours or longer on surfaces such as desks and doorknobs.



Although viral illnesses can spread from person to person during normal daily activities, there are some simple things which help reduce the spread of illness. Please remind your children of the following health habits.

- 1.) **Cover their mouth and nose when sneezing**- If they can, they should use a tissue and then throw it away, washing their hands afterwards. If they don't have a tissue, they should use their inner elbow or upper sleeve rather than their hands.
- 2.) **Keep their hands away from their eyes, nose, and mouth.**
- 3.) **Wash hands frequently**- Remind them to wash with soap and warm water for at least 15 seconds.
- 4.) **Remind them to not share cups, water bottles, or eating utensils.**
- 5.) **Keep surfaces like bedside tables, kitchen counters, bathroom counters, and toys clean by wiping them down with a household disinfectant according to directions on product label.**
- 6.) **Children should stay home when they are sick**- They should stay home if they have a fever. If they have had a recent fever, they should not return to school until they have been fever free for 24 hours (without the help from Tylenol or Motrin). They should also stay home (with or without fever) if they have symptoms which are obvious of illness (recent vomiting, cough, congestion, or malaise).



Thank you for all that you do!

Sincerely,

Amanda Meads, RN, BSN, NCSN
School Nurse

