

STEPS FOR PARENTS TO PROTECT YOUR CHILDREN AND FAMILY DURING FLU SEASON

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

Get your children vaccinated for seasonal flu when vaccines are available.

Stay home if you or your child is sick for at least 24 hours after there is no longer a fever (100 degrees Fahrenheit or 37.8 degrees Celsius measured by mouth) or signs of a fever (chills, feel very warm, flushed appearance, or sweating). Keeping sick children at home means that they keep their viruses to themselves rather than sharing them with others. **SICK CHILDREN AT SCHOOL MAKE MORE SICK CHILDREN AT SCHOOL.**

Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. We all need to wash our hands at least 20 seconds with soap and water or use liquid hand sanitizer when water is not available.

Cover your mouth and nose with a tissue when you cough or sneeze. **If you do not have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.** When you sneeze into your hand you leave the germs in your hand and next you touch something else or shake someone's hand and freely share the germs! As a family help one another to remember this. It will help your family as well as others.

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Whitko Community Schools is asking for your assistance in keeping our schools and communities as healthy as possible by observing the following:

****If your child has had vomiting and or diarrhea during the night, PLEASE do not send them to school the next day.**

****If your child has a fever of 100 degrees or above, they must be fever free for 24 hours without the use of fever reducing medication before returning to school.**

****Be aware of the symptoms that go along with the flu: fever, cough, sore throat, runny nose, stuffy nose, body aches, headache, chills, and overall tiredness. Some people may have vomiting and diarrhea.**

****Possible signs of fever: flushed skin, feels very warm to touch, sweating or shivering. Keeping a thermometer in your home may save you a trip to school to pick up your child with a fever.**

****Facts show that 8 hour of sleep, healthy, nutritious food, and exercise help to build a stronger immune system. Thank you as we all work together toward healthy families and schools.**

****Please see the back side of this paper.**

Sara St.Clair RN

WHAT IS WHITKO DOING TO PREVENT THE SPREAD OF FLU AND OTHER GERMS AT SCHOOL?

Whitko is following CDC guidelines as well as state and local board of health recommendations to prevent the spread of flu and to provide a safe and clean environment for our students.

Educate and encourage students and staff to cover their mouth and nose with a tissue when they cough or sneeze. Also, provide them with easy access to tissues and running water and soap or alcohol based hand cleaners. Encourage them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.

Remind teachers, staff, and students to practice good hand hygiene. Hand sanitizing agents are available throughout the schools in various locations including cafeterias, classrooms, and hallways.

Send sick students, teachers, and staff home and advise them and their families that sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine.)

Clean surfaces and items that are more likely to have frequent hand contact such as desks, door knobs, bus seats, hand rails, or keyboards with cleaning agents that are usually used in these areas.

Move students, teachers, and staff to a separate room if they become sick at school until they can be sent home. Limit the number of staff who take care of the sick person and have available a mask for the sick person to wear IF they can tolerate or choose to wear it. Personal protective equipment is available for health care staff to wear while caring for sick people at school if necessary.