

Kids and the Cold/Flu Season

November 30, 2018

Dear SVUSD Families,

The 2018/2019 cold and flu season is just around the corner. We are starting to experience a typical rise in "ILI's" (influenza-like illness) at all of our school sites. We are asking for your help in preventing the spread of colds and flu!

Please check your child before school for signs of illness (runny nose, cough, no appetite for breakfast.) **Any temperature of 100 or greater** indicates illness, and your child should not come to school. They should remain home until they have been free of fever for a full 24 hours WITHOUT fever reducing medicine. **The same rule applies for vomiting!** So.... if your child has vomited and/or has a temp of 100 at 9am on Monday morning, they should not be at school on Tuesday, even if the fever breaks or they are feeling better during the day. This is important to prevent the spread of illness to other students.

In addition, please be sure to report any communicable disease to the office as soon as possible, including head lice. Be assured that we handle these reports with complete confidentiality.

A few more tips from the CDC:

1. Get a flu shot annually (it's not too late!)
2. Wash your hands frequently with soap and water (best) or hand sanitizer
3. Frequently wipe down regularly touched surfaces with an antibacterial wipe (door knobs, sink knobs, keyboards, desktops)
4. Avoid the sharing of beverages and utensils
5. Teach your child to cover their cough with a tissue or their sleeve (not their hand!)
6. Stay home if you are sick! (must be free of fever for 24 hours)
7. Avoid touching your eyes or face. This is one way germs are transmitted
8. Check with your physician if you become ill with influenza-like symptoms. Anti-viral medication may be prescribed to reduce the length and severity of illness

As always, encourage your students to get good rest and nutrition.

Thank you for your help in keeping our students healthy during this cold and flu season!

-Nurse Lisa

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