

Dear Parents:

We have begun to see outbreaks of the Flu throughout our schools. **Symptoms can include:** fever, sore throat, cough, headache, intestinal problems, body aches and vomiting. Typically the symptoms last 3 - 5 days, however, a person *may* be contagious beyond that period. If your child has a fever 3 days or longer, please follow-up with your family physician. If symptoms persist without a fever, follow-up with a family physician is also recommended. If you have concerns that your child may be dehydrated or have a respiratory or throat infection, please have your child seen by a physician.

When you should keep your child out of school:

- If your child has a moderate fever (> 100 F), or is too sick to participate in class. He/ she will need rest, plenty of fluids, and possibly medication to reduce the fever. It is **recommended** that your child be fever free for 1 day without medicine before returning to school.
- If your child is vomiting or has uncontrolled diarrhea.
- If your child has strep throat, pink-eye with discharge, impetigo, or another bacterial infection, keep your child out of school for 24 hours after he/she has started medication.
- Ear infections are not contagious; your child may attend school while he/she is taking medication.

How to help your child stay well:

- Encourage hand washing periodically throughout the day and before eating. No sharing of eating utensils or hygiene items.
- Encourage child to cover mouth before coughing or sneezing and wash their hands afterward.
- If your child has diarrhea or vomiting *wait* two hours after the last episode before introducing clear liquids. Then advance diet gradually.
- Encourage adequate rest at night, a healthy diet and lots of fluids.

Please remember to send in a parent or doctor note after your child has been out sick stating why your child was absent.

If you have any questions concerning this information, you can contact your child's school and talk with the school nurse or call your child's Health Care Provider.

Thank you for your cooperation.

Sincerely,

Hampshire County School Nurses