

## Attention Parents: Flu Season Reminders



As we enter flu season, it is a great time to remind everyone that there are several common sense things that we can do as parents to help prevent the spread of the flu, both at school, and in your own home:

- Eat right and get plenty of rest.
- Practice good hand hygiene by washing hands often with soap and water, especially after coughing or sneezing or coming into contact with someone who could be sick (alcohol based hand sanitizers may also be effective, although not as much as washing with soap and water).
- Cover your mouth and nose with a tissue when you cough or sneeze (if you don't have a tissue, cough or sneeze into your elbow or shoulder, not your hand).
- Contain your germs by not touching your eyes, nose or mouth.
- Keep your child at home when ill until symptoms cease.

That last one is really important. While we champion the importance of excellent school attendance, sending kids to school when they are sick does not help. **Please know that if you send your child to school and flu symptoms are evident or develop during the day, we will ask that you pick your child up, particularly if he or she has a fever, is vomiting, has a frequent harsh cough, or has a very red throat and/or a rash. Please take the time in the morning to observe your child to be sure they are feeling well before sending them to school. We will be very strict with our exclusion policy during the flu season to help protect your children, our students and our staff.** When your child is sick, we also ask that you notify the school and let us know what symptoms your child is experiencing so we can watch for any patterns in illness.