

January 24, 2017

Dear Parents and guardians,

Flu season is upon us and has already affected quite a few of our students and staff. Indiana is among the states that are seeing an increase in the number of diagnosed cases. Please be aware of the signs and symptoms of influenza and if your child exhibits any of them, please keep them home. Symptoms are fever, chills, muscle aches and pains, sore throat, stuffy or runny nose, headache, extreme fatigue, weakness, cough, nausea. Symptoms usually begin 1-3 days after exposure to the virus and can last a week or longer.

What can you do?

- Check with your family doctor if you think you or your child has influenza
- Get a flu vaccine – it may not entirely prevent the flu but can lessen severity and length of symptoms
- Wash your hands often with soap and water
- Use a tissue to cover your sneeze or cough or direct it into your sleeve
- Clean shared items
- Avoid crowds
- Stay home if you are ill

If symptoms are severe, such as high fever, seizures, not waking up, irritability, fast breathing, chest pain or pressure, severe vomiting, seek urgent medical care.

Children must be **FEVER FREE (temp less than 99 degrees) without any Tylenol or Ibuprofen (Motrin) for 24 hours before returning to school.** If your child is sent home sick with a fever, they are NOT to come to school the following day. This will be an excused absence. Please help us try to lessen the number of influenza cases throughout our student body by keeping your child home from school if they are displaying any symptoms of the flu (or any other communicable disease). Thank you for helping us address this issue. If we all work together, we can keep our children healthy.

Katie Bymaster, RN, BSN

Nettle Creek School Corporation Nurse

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