



## Cumberland County Schools

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**2018-2019**

### **MEMORANDUM**

**TO:** Cumberland County School Parents

**FROM:** Shirley Bolden, Director of Health Services *SB*

**THROUGH:** Dr. Mary Black, Associate Superintendent, Student Support Services *MB*

**SUBJECT:** Fight the Flu

CDC recommends a three-step approach to fighting influenza (flu):

1. Take time to get a flu vaccine.
2. Take daily preventative actions to stop the spread of germs.
3. Take flu antiviral drugs if your doctor prescribes them.

While there are many different flu viruses, the flu vaccine protects against the three main viruses that research suggests will be most common. Everyone 6 months of age and older should get a flu vaccine as soon as the new vaccines are available.

As you may know, the flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of the flu in school. Parents, we need your help to do this. Some children may not be able to verbalize their symptoms, which can result in a delay in responding to their illness, so it is important to watch carefully for the signs and symptoms of flu or unusual behavior that may be a sign of illness. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

A fever is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, your child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

Prior to sending your child to school, review the influenza-like symptoms and mark all that apply to your child:

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. <b>Nausea, vomiting, diarrhea and other Stomach/GI Symptoms</b> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Headache  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. <b>Fever (100° F) (37.8° C or greater)</b>                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Sore throat   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Cough   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Nasal congestion  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Runny nose  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered yes to number 1 and/or 3 your child is to remain at home. It is also recommended that children who present multiple symptoms remain at home. No student shall return to school until they have been **fever free** for 24 hours without the use of fever-reducing medicine, even if they feel better.

Attachments: The Flu – A Guide for Parents