

ABCUSD HEALTH SERVICES DEPARTMENT
HOME WITH FLU-LIKE SYMPTOMS

Dear Parent or Guardian,

Your child is being sent home with a temperature of 100 degrees or higher and one of the following flu-like symptoms (check those that apply):

- Cough
- Sore throat
- Runny nose
- Stuffy nose
- Body aches and/or feeling very tired
- Vomiting and/or diarrhea.

Please follow these recommendations:

- Keep your child home until they are fever free at least 24 hours **without the use of fever-reducing medications (Tylenol (acetaminophen) or Advil (ibuprofen))**. Even if your child does not develop the flu parents should follow the fever free guideline.
- Call the school to report your child's absence the following day. Let the staff know the status of your child's health.
- Contact your doctor if your child has a chronic medical condition, including asthma, diabetes or heart condition.
- Provide plenty of fluids and rest.

Reduce the risk of spreading the flu by:

- **Avoid close contact with people who are sick.**
- **Stay home when you are sick.**
- **Wash hands often for at least 20 seconds with soap and water or use an alcohol-based hand sanitizer.**
- **Cover coughs and sneezes by coughing into the inside of your elbow. If you use a tissue, discard after using and wash your hands.**
- **Avoid touching your eyes, nose, and mouth with your hands to prevent the spread of germs.**

Thank you for your assistance with providing a healthy school environment,

School Nurse