

# PRESTON PUBLIC SCHOOLS

Office of the Superintendent

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Dear Parent/Guardian,

We are experiencing cases of diagnosed influenza (flu) in Preston.

Flu can be very contagious and is caused by a group of respiratory viruses called influenza viruses. **If your child has not already received the annual flu vaccine, you may want to consider contacting your child's health care provider to see if it is still available and advisable for your child to receive it.**

Please monitor your child carefully, and notify his/her health care provider if your child develops any of the following signs or symptoms:

- \*A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- \*A cough and/or sore throat
- \*A runny or stuffy nose
- \*Headaches and/or body aches
- \*Chills
- \*Fatigue
- \*Nausea, vomiting, and/or diarrhea (most common in children)

While viruses are not treated with antibiotics, your care provider will advise you regarding supportive care during the illness. **Please report episodes of confirmed flu (as diagnosed by a health care provider) to the school nurse at your child's school as soon as possible.**

Most healthy individuals can infect others **one day before symptoms develop and five to seven days after symptoms appear**. Some people, especially young children and people with weakened immune systems, might be contagious for a longer period. The infection is most often spread by direct contact from sneezing and coughing, and indirect contact from hands and articles soiled with nose and throat secretions.

**Your child may return to school when he/she has been fever free without medication for 24 hours and is feeling well or has been cleared by a health care provider.**

### **Some steps to help prevent illness:**

- \*Wash your hands often with soap and water or an alcohol-based hand sanitizer.
- \*Avoid touching your eyes, nose, or mouth. Germs spread this way.
- \*Try to avoid close contact with sick people.

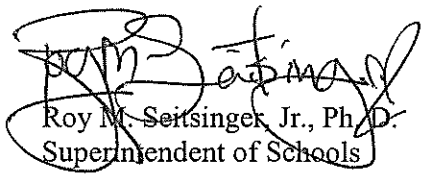
\*Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.

\*Use the crook of your arm or a tissue to cover your nose and mouth when you cough or sneeze. Discard the tissue in the trash after use and wash your hands.

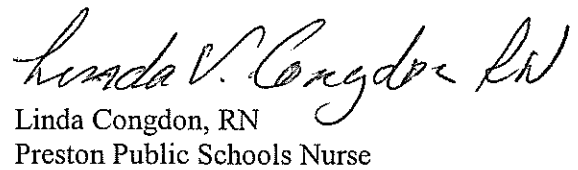
\*If you are sick with flu-like illness, stay home for at least 24 hours after you are fever free without the use of fever-reducing medicine.

**IF YOU HAVE ANY QUESTIONS REGARDING THIS INFORMATION, PLEASE CONTACT YOUR SCHOOL NURSE**, or visit the Centers for Disease Control and Prevention website: <http://www.cdc.gov/flu>

Sincerely,



Roy M. Seitsinger, Jr., Ph.D.  
Superintendent of Schools



Linda Congdon, RN  
Preston Public Schools Nurse

cc: Principals  
Faculty/Staff  
Preston Board of Education