



Flossmoor School District 161

21st Century Learners Today, Leaders Tomorrow

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**Flossmoor Hills
Elementary School**
3721 Beech Street
Flossmoor, IL 60422
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**Heather Hill
Elementary School**
1439 Lawrence Crescent
Flossmoor, IL 60422
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**Serena Hills
Elementary School**
255 Pleasant Drive
Chicago Heights, IL 60411
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**Western Avenue
Elementary School**
940 Western Avenue
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Junior High School**
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708.647.5400

January 12, 2018

Dear Parents/Guardians:

As you are aware, there is widespread flu activity throughout our state. Health departments are recommending increased awareness and actions to help control and prevent the spread of influenza (flu), toward keeping our students and community safe and healthy.

To prevent widespread flu in the school, **we recommend that your child stay home from school if experiencing flu-like illness symptoms** (such as fever, cough, and sore throat). Since influenza is primarily spread by direct contact with nose and throat secretions, there are measures we can all take to reduce our chances of becoming sick with influenza and other similar infections:

- *Know the signs and symptoms of the flu.* Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- ***Your child should stay home if he/she is sick until at least 24 hours after there is no longer a fever or signs of a fever*** (without the use of fever-reducing medications). This will help reduce the number of people who may get infected. **When reporting your child's absence to school, please be specific about their flu symptoms.**
- *Cover your nose and mouth with a tissue when you cough or sneeze.* Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- *Wash your hands often with soap and water, especially after you cough or sneeze.* If soap and water are not available, use an alcohol-based hand sanitizer.
- *Avoid touching your eyes, nose, or mouth.* Germs can be spread this way.
- *Do not share eating utensils or drinking containers.* Do not share straws, cups, glasses, or water bottles.
- *Try to avoid close contact with people who are sick.*
- *Get your child and family vaccinated against the flu,* if not already vaccinated this season. It's not too late, since flu season can last through May. Vaccination is recommended yearly for everyone 6 months and older.

If you have any questions, please contact your physician. More information on seasonal influenza is available at: www.cdc.gov/flu/index.htm.

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