

## Health Update

February 2, 2018

Influenza activity is increasing in Cook County, as well as nationally. The Centers for Disease Control (CDC) has warned that this is a severe influenza season.

**At this time there have been no school-based flu outbreaks in the District.**

The District is taking extra steps to disinfect and clean the school environment. In addition, we are monitoring cases of influenza-like illness reported by students, parents, and staff. Please assist us in our efforts to prevent the spread of influenza. **If your child is ill, please do not send them to school.** Students who are ill should stay home until at least 24 hours after their fevers are gone (without use of medication).

When calling your student in on days of absence, please be specific regarding the cause/symptoms. If your child has a fever, cough, sore throat, headache/ body aches, vomiting, or diarrhea, it should be reported.

The flu vaccine is encouraged along with everyday preventative steps to stay healthy and prevent germs from spreading at home, work and school. Please remember the following to prevent the spread of germs: frequent proper handwashing, cover a cough/sneeze and contain germs by staying home when sick.

We will continue to monitor influenza activity, and appreciate your assistance to ensure the health of our school community.

Please contact me for any questions/concerns.



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