

# Flu Notice

Dear Parent or Guardian:

Cold and flu season is upon us. Cresson Elementary has had multiple notifications today and last week regarding children with confirmed Flu Illness. Our school nurse has been instructed by the Teller County Health Department to send this notice.

To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

Very stuffy or runny nose and/or cough  
Mild sore throat (no fever, no known exposure to strep)  
Headache  
Mild stomach ache

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

Fever (greater than 100 degrees by mouth and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)  
Vomiting (even once)  
Diarrhea  
Chills  
General malaise or feelings of fatigue, discomfort, weakness or muscle aches  
Frequent congested (wet) or croupy cough  
Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

Wash hands frequently  
Do not touch eyes, nose or mouth  
Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands  
Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. A child who has started antibiotics needs to be on the medication for 48 hours before considered non-contagious and able to return to school. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping make this New Year (2020) at school as healthy as possible.  
CCV School District