

Dear Parents:

There has been an increase in students diagnosed with the flu across our school district. Please monitor your child(ren) for the following symptoms of the flu:

**Symptoms:** Can include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and/or diarrhea. Some people with the flu *will not* have a fever.

**Incubation period**: People with the flu are contagious 1 day before getting sick, to ***5-7 days after***. The flu virus is spread by droplets made when infected people cough and the droplets land in other people’s nose and mouth or by touching a surface that the droplets landed on and then touching your own mouth, eyes, or nose.

**Prevention**: Wash hands with soap and water after using the restroom, blowing your nose, and often throughout the day. Try to stay away from people who are sick. Cough and sneeze into your elbow or a tissue and throw the tissue in the trash after use.

If your child is diagnosed with the flu or has flu-like symptoms, please keep them home from school. **If he/she has a fever of 100.0F or higher, he/she must be fever free for at least 24 hours (without the use of fever-reducing medicine such as Tylenol or Motrin/Advil) before returning to school.**  **Students must also be free of vomiting or diarrhea for 24 hours before returning to school.**

Most doctors recommend that patients with the flu stay home for 5 full days. Please do not be tempted to send your child back to school too soon. Children with the flu or who are ill need time for their body to recover and to avoid unnecessary spread of germs.

Thank you for your cooperation in this matter.

Sincerely,

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System Supervising Nurse

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