

Dear Parent/Guardians:

Most of our schools are seeing confirmed cases of the flu and several other illnesses. To help combat the rise in illnesses, Madison City Schools is ramping up school-wide disinfectant efforts and upgrading filter grades for school HVAC systems. Parents are asked to help slow the spread by keeping children home if they are sick and to not return them too quickly before they've recovered.

**Some things to know about the Flu:**

**Symptoms:** Can include \*fever, \*cough, \*sore throat, \*runny or stuffy nose, \*body aches, \*headache, \*chills, \*fatigue, and sometimes \*vomiting and 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.

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 he/she must be fever free for 24 hours (without the use of fever-reducing medicine) before returning to school. Students must also be free of vomiting or diarrhea for 24 hours before returning to school.** Do not be tempted to send your child back to school too soon, children with the flu need time for their body to recover.

Please review our [The MCS Communicable Disease Policy](#) for guidelines for the student's return to school for other illnesses.

While Flu is our chief concern at this time, COVID, RSV cases are also being reported. Regardless of the illness, parents and students should follow the following tried and true illness prevention:

1. Wash your hands with soap and water throughout the day and especially after using the restroom.
2. Keep your hands away from your eyes, nose and mouth.
3. Use proper respiratory hygiene (cough/sneeze into your elbow or tissue.)
4. Stay home if you are sick!

If you have any questions about your child's illness or symptoms, please contact our school nurse.