

Collinsville Unit School District #10

## **Recommendations for Parents regarding Flu-like Illnesses**

Dear Parents,

The information enclosed is to help you protect your child from flu-like illnesses. In compliance with the recommendations of the Center for Disease Control, Illinois Department of Public Health, and Madison County Health Department we are informing parents of the Collinsville School District about prevention measures regarding influenza. As with all communicable diseases, prevention is the best defense. In order to limit the spread of influenza-like illnesses, proper hand hygiene and respiratory etiquette are imperative. In addition, limiting contact with others during periods of illness is necessary.

### ***Hand Hygiene***

Wash hands frequently with soap and water. Hand sanitizer is recommended in the absence of soap and water. It is also recommended to use hand sanitizer as often as possible throughout the daily routine.

### ***Respiratory Etiquette***

It is recommended to cover a cough or sneeze with a tissue, shirt sleeve, or bend of elbow. Wash hands or use hand sanitizer immediately after coughing, sneezing, or blowing nose.

### ***Stay Home When Ill***

Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever (100 or greater) without the use of fever-reducing medicines. Students should stay home for the 24 hours after fever even if taking antiviral medications. Please report any illness to your school nurse or principal. A doctor's note regarding absence or permission to return to school is recommended.

***Your child must be picked up from school for flu-like symptoms including vomiting, diarrhea, and/or fever 100 degrees or greater.***

### ***Early Treatment of High-risk Student***

People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medication is very important for people at high risk. People at high risk include those who are pregnant, has asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.

### **Practicing the three Cs is an easy way to remember active prevention:**

**Clean** your hands frequently with soap and water or hand sanitizer

**Cover** your cough or sneeze with a tissue or sleeve

**Contain** your germs by staying home if you are ill

### ***Vaccinate***

It is also strongly recommended to have your child vaccinated against seasonal flu (that includes H1N1) and influenza viruses. Vaccinations are the most effective way to protect your children and their classmates from these potentially serious illnesses.

**You can keep your family informed about the flu at [www.flu.gov](http://www.flu.gov).**

**If you have any questions, call the school nurse or principal at 346-6265.**

