

Flu Update

We are asking that you take an active role in keeping our school healthy this flu season. **PLEASE keep students home if they are not feeling well and/or have fever (even low grade) the day before or morning of school.** Students who have had fever within the last 24 hours are most likely still contagious and can spread illness to other students, teachers or parents. This recommendation comes from the CDC in response to the heightened concern over the seasonal flu and H1N1 flu this season. Our school is following this and other recommendations put forth by the CDC in order to decrease the likelihood of the spread of illness throughout the school. **Students who arrive at school not feeling well and have fever or have had fever within the last 24 hours will need to be picked up by a parent.**

Be on the lookout for early symptoms of the flu in your child. If you suspect the flu, be in contact with your healthcare provider and keep your child home from school until they have been fever-free (without acetaminophen or ibuprofen) for at least 24 hours. The initial symptoms of the flu in 98% of cases are high fever and cough. Other symptoms include sore throat, runny or stuffy nose, headaches, body aches, chills, fatigue, vomiting and diarrhea.

We have a handful of students who have been diagnosed with Type A flu, which according to the CDC is likely H1N1 flu. The CDC is not testing for H1N1 flu unless the symptoms are severe and patient requires hospitalization.

We would recommend getting the flu vaccine as early as possible this year. **The flu vaccine will not provide protection against H1N1**, but it will protect against the seasonal flu. If you plan to get the H1N1 vaccine, there needs to be 4 weeks between the two. We will be offering the Flu Mist again this year. Please see web site for dates, times and permission forms.

Please visit our web site for specific information on the flu, where we have a link to the CDC.