



February 2018

Dear Parents and Guardians of Concord Students:

At this time, Influenza has a widespread presence throughout Indiana, as well as the nation. Here at Concord we are working diligently to limit the spread of illness. We are monitoring attendance trends as required and our custodians are frequently cleaning commonly touched surfaces.

The Centers for Disease Control and Prevention (CDC) recommends the following preventive measures to help protect yourself and others from the spread of influenza:

- **Get the flu vaccine every year.** CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza viruses.
- **Take everyday preventive actions to stop the spread of germs:**
 - **Wash your hands** often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
 - **Cover your cough and sneeze** with a tissue or cough and sneeze into your sleeve.
 - **Avoid touching** your eyes, nose, and mouth.
 - **Avoid close contact** with people who are sick.
 - **Stay home if you are sick.**

Your assistance with promoting a healthy school environment is vital to preventing the spread of influenza.

- **Please reinforce the preventive measures** listed above with your students.
- **Keep sick students home**, especially if they have a fever of 100°F or higher, vomiting, diarrhea, or a severe cough. Students must be free of fever for 24 hours, without the use of fever-reducing medications, before returning to school.

The American Academy of Pediatrics and CDC recommend you seek medical attention if:

- **Your child develops flu-like symptoms.** (fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, fatigue, sometimes diarrhea and vomiting)
The doctor may want to begin antiviral medications as quickly as possible.
- **Do Not Delay Getting Medical Attention if your child develops emergency warning signs of influenza illness:**
 - **Fast breathing or trouble breathing**
 - **Bluish skin color**
 - **Not drinking enough fluids**
 - **Not waking up or not interacting**
 - **Being so irritable that the child does not want to be held**
 - **Flu-like symptoms improve but then return with fever and worse cough**
 - **Fever with a rash**

Information about preventing influenza can be found at these websites (English/Spanish):

<https://www.cdc.gov/flu/index.htm>

<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/The-Flu.aspx>

Sincerely,
Concord School Nurses