

September 14, 2009

Dear GISD Community,

GISD, along with the general community at large, is seeing Type A flu as well as some seasonal flu. Viruses spread easily among children in schools, and families with school-age children have more infection than others. You can help prevent the spread of flu by following a few simple steps:

- If your child is sick and has a fever over 100, keep him/her at home to prevent the spread of illness to others. **24 hrs. fever free without fever reducing medication is what the doctors from the CDC recommend before sending your student back to school.** If your student continues to have symptoms, for example, coughing productively, frequently, keep them home. If you have concerns about your child's flu symptoms, call your doctor early and call immediately if the child has a chronic disease history. Your child will be sent home should they become ill at school. The RN staff in GISD is monitoring their respective school for illness and as a group we are working with the health department to keep our students safe and well.
- If your student participates in sports, bands, theater, outside activities, etc. please contact those sponsors regarding illness and don't send the child back into participation before the above guidelines are met. Group activities can be another great area for illness to spread.
- Please remind your secondary students they are not to call via cell phone regarding illness from areas other than the nurse office. The nurses need to evaluate a sick student before pickup. Calling from another site often causes delay in locating the student and delay in necessary care. We want to ease transition from school to home when there is an illness and give all parents/guardians a clear assessment of the situation.
- Please continue to reinforce the need to **wash hands, frequently with soap and water** for at least 20 seconds and use hand sanitizer correctly when water is not available. All GISD staff are working to get the hand washing message across with posters, announcements, creative activities, and role modeling. We need you to continue at home.

The flu, presenting at this time, is on average, a 2-4 day illness of mild to moderate severity. Please remember, **do not use aspirin products for flu symptoms in your students as a very serious illness Reyes syndrome could result.**

Please work with your campus nurse if you have questions regarding when your student should return to school should they become ill.

GISD Health Services