



IMPORTANT FLU INFORMATION

Dear Parents/Guardians,

Jacksonville I.S.D. is experiencing increasing numbers of students exhibiting flu-like symptoms. Many students are arriving at school sick which puts others at risk for exposure. If your child feels ill before school, please do not send them to school. Please be aware of your child's health status and monitor them for illness every morning before school. Ill children need to stay home and be fever free for 24 hours without the use of fever-reducing medication. Avoid contact with those who are sick and practice prevention techniques listed below to decrease chances of getting the flu.

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick kids at home means that they keep their viruses to themselves rather than sharing them with others.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

If a family member does get sick with flu-like symptoms, monitor the health of all family members. Flu can spread easily to others. Keep sick household members in a separate room if possible to limit contact with those who are not ill. Make sure sick household members get plenty of rest and drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.

Watch for emergency warning signs that need urgent medical attention. These warning signs include:

- ❖ Fast breathing or trouble breathing
- ❖ Bluish or gray skin color
- ❖ Not drinking enough fluids
- ❖ Not urinating or no tears when crying
- ❖ Severe or persistent vomiting
- ❖ Not waking up or not interacting
- ❖ Being so irritable that the child does not want to be held
- ❖ Pain or pressure in the chest or abdomen
- ❖ Sudden dizziness
- ❖ Confusion
- ❖ Flu-like symptoms that improve but then return with fever and worse cough

Please continue to monitor your child for symptoms of the flu and keep them at home if they exhibit the following: fever of 100 degrees F or greater (fever may or may not be present), cough, sore throat, a runny or stuffy nose, body aches, headache, feeling very tired, vomiting, or diarrhea.

Thank you for your efforts in helping protect fellow students and school staff by keeping sick children at home where they are able to rest and be monitored closely.

Visit "www.flu.gov" or call 1-800-CDC-INFO for the most current information about the flu.

Sincerely,

Dr. Joe Wardell,
Superintendent of Schools

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