

Dear Parents,

We are still in cold & flu season, in order to minimize the number of children that are ill we ask you to please adhere to the following guidelines when making your decision to send your child to school after an illness.

1. Fever free for 24 hours. If your child had a fever greater than 100.4 ° during the afternoon or night before school, they must stay home the next day and may not return to school until they have been fever-free for 24 hours without the use of fever suppressing medication. Giving your child Tylenol or something similar temporarily masks your child's illness and does not indicate recovery from an illness.
2. No vomiting or diarrhea for 24 hours. If your child vomited in the early morning hours (after midnight) or as they were getting ready for school, they need to stay home. A stomach virus is often accompanied by diarrhea. Students must remain home until diarrhea has stopped without the use of diarrhea suppressing medication.
3. Communicable diseases. Any illness diagnosed as communicable requires a doctor's note for re-admittance.
4. Need for medication at school. All medications that must be administered at school must be brought to the clinic by the parent or guardian, stored in the clinic and the Lorenzo ISD medication administration request form completed. You may obtain this form from the campus.

These guidelines have been designed to give your child adequate time to recover as well as keep our students, faculty and staff as healthy as possible. If you have any questions, please feel free to call me.

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

**FIGHT FLU**

# INFLUENZA (FLU) Talking to Children About Flu

## Advice for Parents on Talking to Children About the Flu

Focus on what your child can do to fight the flu and to not spread flu to others:



Have your child get a flu vaccine. The flu shot may pinch, but it will help protect them from getting sick later. A flu vaccine given as a nasal spray may also be available.



Encourage them to try to stay away from people who are sick.



Encourage them to cough and sneeze into a tissue when they are sick. Throw the tissue in the trash right away. If they do not have a tissue, they should cover their mouth and nose with their arm.



Encourage them to wash hands often with soap and warm water for 15-20 seconds. Set a good example by doing this yourself.



Encourage them to stay home from work and school if they are sick, and stay away from people until they are better.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention