

LITTLE ROCK CHRISTIAN ACADEMY

NURSES OFFICE



Dear Parents,

As many of you have heard, we are expecting a severe flu season this year. The flu can be spread easily from person to person; therefore, we are taking steps to reduce the spread of the flu school-wide and would like to ask you for your help with this. We want to keep the school open and functioning in a normal manner during this flu season.

Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol based hand rub. You can set a good example by doing this yourself.
- **Teach your children NOT to share personal items** like food, drinks, or unwashed utensils (Especially in the upper grades). Also encourage them to cover their coughs and sneezes with tissues. If a tissue is unavailable, cover up their coughs and sneezes using the elbow, arm or sleeve instead of the hand.
- **Know the signs and symptoms of the flu.** Symptoms include fever (100 degrees or greater), cough, sore throat, runny or stuffy nose, body aches, headache, and felling very tired. Some people have diarrhea or vomiting.
- **Please send a water bottle to school every day.** We are trying to reduce the use of the water fountain.
- **Keep sick children at home** for at least 24 hours after they no longer have fever WITHOUT using fever reducing drugs. Keeping children, with a fever, at home will reduce the number of people that may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home. If your child is sent home, please pick your child up promptly. Please verify that all your contact information is up to date. You may want to prepare for alternative childcare if they become sick for an extended period.

We are doing all we can in order to prevent and lessen the spread of the flu and any other virus this year. We will work closely with the health department to monitor flu conditions and make decisions about the best steps to take concerning the schools. We will keep you informed with new information as it becomes available.

Thank you for helping us,

Your school nurses

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