



MONTGOMERY TOWNSHIP SCHOOLS

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Dear Parents,

The start of the cold, flu and gastrointestinal illness season is upon us. As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu. Knowing the signs and symptoms of the flu can help achieve this goal. Symptoms of the flu include fever (100.2 degrees or greater), cough, sore throat, a runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may also vomit or have diarrhea. To prevent widespread flu in the school, those who get flu-like symptoms should stay home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicine.

Keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (100.2 degrees or greater. Your child may return to school once fever free for 24 hours without a fever reducing medication.)
- Vomiting (Your child may return to school after 24 hours without a vomiting episode and able to digest a healthy meal)
- Diarrhea (Your child may return to school after 24 hours without an episode of diarrhea)
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Keep their hands away from your mouth, nose and eyes
- Cover mouth and nose when sneezing or coughing, cough into your elbow; hand-washing or use of hand sanitizer
- Avoid close contact with people who are sick

Colds are the most contagious during the first 48 hours. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. **Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.**

Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,

Montgomery Township School District Health Services