

Dear Parent or Guardian:

Flu season is in full force and does not seem to be letting up. Please help us lower the spread of flu by reviewing the following guidelines when deciding whether or not to send your child to school:

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

- Fever (100 degrees or higher by mouth)
- Vomiting
- Diarrhea
- Chills
- 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

**Your child should be symptom free, without the aid of medication, for 24 hours prior to returning to school.**

To help prevent the flu and other colds, please assist us in teaching your children good hygiene habits:

- Wash hands frequently.
- Do not touch eyes, nose or mouth.
- Cover your mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands.
- Avoid close contact with people who are sick.

Thank you in advance for your assistance in helping make GMSD schools as healthy as possible.

Sincerely,

Office of Coordinated School Health