



## Seasonal Flu Advisory

As cold and flu season approaches, we would like to remind parents if child exhibits flu-like symptoms such as fever, sore throat, headache, cough, body aches, chills and fatigue, please keep him/her home from school to prevent the spread of germs to other children. Parents will be contacted if their child exhibits flu symptoms at school, and following normal procedures, parents will be asked to pick up their child. Obviously if symptoms persist or worsen, you are encouraged to seek medical attention.

Annually Palos 118 schools take the following precautionary actions:

- Parents will be kept informed through health information bulletins, on *econnect*, and the district website.
- Our regular daily cleaning procedures include sanitizing all areas of the school building.
- All of our classrooms have hand sanitizers to promote regular hand cleaning.
- Students will be reminded of the important steps they can take to help prevent the spread of germs through regular hand washing and covering sneezes and coughs with a tissue or by using the suggested arm method rather than use of your hand to cover sneezes.
- Schools will monitor reported student illnesses to determine flu reports.

The following are the general suggestions for flu prevention:

- Get vaccinated;
- Careful hand washing with soap and warm water;
- Covering sneezes and coughs with a tissue or arm;
- Cleaning and disinfecting sports equipment;
- Frequently washing gym clothes;
- Washing clothing and linens in hot water with detergent;
- Covering cuts and scrapes with clean bandages; and
- Not sharing personal items like towels and/or clothing.

As general reminder, children should not return to school until they are fever-free for 24 hours. For school purposes, a fever is defined as a temperature reading at or above 100 degrees. A student who is on fever-reducing medicine is not ready to attend school because he/she remains contagious and uncomfortable when the fever spikes upward again.

Call the school's attendance line to report your child's absence. If your child is sick we ask that you leave information about their symptoms, especially if a fever is present and over 100 degrees.

Please visit the Center for Disease Control's website at [www.cdc.gov](http://www.cdc.gov), or contact the school nurse with any flu or other health-related concerns.