

Robert W. Procunier Administration Center

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January 26, 2018

Dear Parent/Guardian,

Cold and influenza (“flu”) season is upon us and we are beginning to see increasing numbers of students with flu symptoms. These include fever, chills, cough, headache, body aches, sore throat, fatigue, and sometimes, vomiting and diarrhea. School District 146 will follow the recommendation from the Cook County Department of Public Health (CCDPH). Please consider the following guidelines.

DEFINITELY keep your child at home and consider seeking medical attention if they have typical flu symptoms listed above or any of these symptoms:

- Fever greater than 100 degrees by mouth
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Shortness of breath
- Lots of nasal congestion with frequent blowing of nose
- Vomiting (even once)
- Diarrhea

CONSIDER keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or a cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

PREVENTION – Please remind your child of these recommendations:

- Wash hands frequently (use hand sanitizer when soap/water are not available)
- Do not touch eyes, nose or mouth
- Cover 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

People with the flu may be able to infect others by shedding the virus from one day before getting sick to 5-7 days after. It may be necessary to keep your child home for one full week when diagnosed with the flu or experiencing symptoms of the flu. A child who has a fever should remain at home until “fever free” without fever-reducing medication for a minimum of 24 hours. See “a Flu Guide for Parents” under “Nurses Notes” at district146.org.

For additional information, please visit: cdc.gov/flu and cookcountypublichealth.org/

Sincerely,

Marian Betley, R.N., PEL-CSN
Nurse Coordinator

Community Consolidated School District 146

