

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in our Swartz Creek Schools. We want to keep school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the Michigan Department of Education and the Genesee County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For now we are doing everything we can to keep our schools functioning as usual. 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 drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with fever at home will reduce the number of people who 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.*

We will continue to notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Michael Vanderlip, Director of Secondary Instruction