

School Information For Parents On Influenza

Please keep your child home with signs of illness. If you are unsure, you may call your school nurse to discuss any health concerns.

CDC recommends that individuals with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8° C] or greater), or signs of a fever, without the use of fever-reducing medications. The Pike County Schools follow these recommendations taking into consideration all symptoms.

Fever-reducing medications, that is, medications containing Tylenol (acetaminophen) or ibuprofen, are appropriate for use in individuals with influenza-like illness. The determination of readiness to return to school should be made when at least 24 hours have passed without fever or fever reducing medications as stated above.

Frequent hand washing is recommended with soap and water, especially after coughing, sneezing or blowing your nose. The use of hand sanitizer can be used for lack of soap and water.

Students, staff, and their families must take personal responsibility for staying home when ill, practicing hand hygiene and respiratory etiquette, and planning in advance for child care.

For more information please go to these websites <http://www.cdc.gov> or www.statehealth.in.gov

Stop the Spread of Germs that Make You and Others Sick!

Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

Clean your hands after coughing or sneezing

- Wash with soap and water.
or
- Clean with alcohol-based hand cleaner