

Parent Information

H1N1 influenza

1. Teach students to wash their hands often with soap and water or using a hand washing gel. Hand washing is a vital part of preventing the spread of illness to other persons.



2. Remind students to cover their nose/mouth when coughing or sneezing, then throw away tissues and wash hands with hand wash gel.



3. Have student “cough into sleeve or elbow”
if no tissues available.



4. Keep students home if they are sick.

A child may return to school after 24 hours without a fever. The child temperature needs to be taken at least 3 times (once in the morning, once in the evening, and once the following morning) within the same 24 hour period. If all three temperatures are under 100 degrees F without the use of any fever-reducing medication (Tylenol, Advil, or Motrin), then the child may return to school.



- *Child should remain home until he/she has had no vomiting or diarrhea for a full 24 hours.
- *If the student has been prescribed an antiviral medicine, student must remain home from school until he/she has received 24 hours of medicine and until is without fever for 24 hours

5. Any students with symptoms of flu (fever, coughing, body aches, fatigue) will be sent home.



6. Parents! Please talk to your child's doctor about your child receiving the seasonal flu vaccine and the H1N1 (swine) flu vaccine as soon as possible!

