

THE IMPORTANCE OF STAYING HOME WHEN SICK

H1N1 and Seasonal flu are circulating in our schools and communities. At this time, Public Health is **not** recommending school dismissal with the presence of H1N1 and/or seasonal flu among our students or staff. Public Health is asking that we treat both types of flu cautiously. Whether the diagnosis is H1N1 or seasonal flu, the signs, symptoms and treatment are the same. **One of the best ways to slow the spread of flu is to keep your student home when sick.**

It is important that you screen your student daily, prior to school.

Signs and symptoms include:

1. Fever (100°F or greater) Yes No
2. Cough? Yes No
3. Sore throat? Yes No
4. Headache? Yes No
5. Extreme tiredness? Yes No
6. Body aches? Yes No
7. Vomiting? Yes No
8. Diarrhea? Yes No

SHOULD MY STUDENT STAY HOME TODAY?

- If you checked “YES” to fever of 100°F or greater, **KEEP YOUR STUDENT HOME.**
 - **Your student should not return to school until he/she have no fever for 24 hours without the use of fever-reducing medicine, even if they feel better.**
 - If you have questions about your student’s health or symptoms, call your student’s healthcare provider.
 - If your student has been diagnosed by a healthcare provider with something other than flu (such as strep) follow your healthcare provider’s recommendation for when to return to school.
- Keep your student home if he/she is too ill to function adequately in the classroom.

WHAT SHOULD I TELL MY STUDENT’S SCHOOL?

- When calling to report your student’s illness, it is helpful for the school to know your student’s symptoms. Report any symptoms your student may have.
- Please provide as much information as possible.
- It is important to contact your student’s school as soon as possible when your student is ill.
- If your student has been diagnosed by a healthcare provider, tell your student’s attendance office.