



CARROLLWOOD
DAY SCHOOL

January 2020

CDS families,

As you are aware Flu season is upon us and the number of reported cases has increased here at CDS. In an attempt to contain widespread influenza at school please remember the following guidelines.

IT IS NOT TOO LATE TO GET THE FLU SHOT- please consult with your physician to get vaccinated.

Keep your child home when any of these symptoms are observed:

- Fever greater than 100.0 F within the past 24 hours- this would include any fever without fever reducing medications such as Tylenol, Advil and some Cold/Flu medications that may contain fever reducing medications.
- Vomiting and/or Diarrhea within 24 hours
- Frequent moist congested cough productive or not
- General malaise, feeling of fatigue, weakness, discomfort and muscle aches
- Increased nasal congestion- specifically yellow, green, tan in color

The flu is very contagious, if your child is experiencing any of the aforementioned or generalized complaints in the morning, please consider keeping them home a few hours to assess their symptoms. People infected with the flu can be contagious 24 hours before symptoms and up to 7 days after diagnosis.

To prevent the Flu and other contagious diseases remember to :

- Frequently wash hands with soap and water for 15 seconds
- Do not touch eyes nose or mouth
- Cover mouth and nose when coughing or sneezing
- Avoid close contact with people who are sick

If your child has been diagnosed with the flu please notify the Health Office with name, date of birth, Flu strain and whether or not they have received the Flu vaccine this season. Email: nurse@carrollwooddayschool.org.

Thank you for your attention and efforts at keeping CDS healthy,

J. Silvers R.N.