

FLU PREVENTION

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

If the flu becomes severe, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school,
- making changes to increase the space between people such as moving desks farther apart
- dismiss students from school if they become sick with flu like symptoms.

For now we are doing everything we can to keep our school 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.
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- **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.
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- **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.
- **If a child is diagnosed with the flu, it is recommended to keep the child at home for 5 days including the weekend.**
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- **If your child has a fever but does NOT have the flu**, keep the child 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 a 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*.

Know what to do about the flu

- Cover your cough
- Wash your hands frequently
- If you have a fever stay at home at least 24 hours after the fever is gone
- Get a vaccine when it becomes available