

Tips for Managing this Year's Flu

As many families are aware, this year's flu season is quite severe and in some cases is causing complications that require hospitalization. Please read the following memo to learn how to reduce your child's risk of getting, spreading, or getting more ill from this year's influenza.

To reduce the risks of *getting* the flu:

- Get the flu vaccine if you have not already. It can still help reduce your risk of getting a severe flu this season. (Most health insurance companies cover flu vaccinations. If you do not have insurance, you can find low-cost clinics that provide flu shots [here](#).)
- Remind students to wash their hands frequently.
- Remind students to avoid sharing food, drink, and utensils.

To reduce the risks of *spreading* the flu:

If your student is ill, please keep him/her home. AUSD's policy is that students remain home if they have the following symptoms:

- A fever of 100 degrees or more
- Vomiting, diarrhea, or nausea
- Untreated draining ears or earache
- Severe sore throat
- Skin rashes of unknown origin or that require a clearance from a physician to return to school

Please note: Students need to stay home for 24 hours after the symptoms subside. This helps ensure not only his/her recovery but also avoids spreading the flu to more vulnerable people, such as children who have asthma or children who live with elderly people, pregnant women, infants, or people with compromised immune systems.

To avoid the risks of your student developing *serious complications*

Most children who get the flu do not need medical attention. Those who develop symptoms of serious illness, however, need prompt medical attention. Contact your doctor immediately if your child:

- Has trouble breathing or is breathing very fast
- Has bluish skin
- Has a persistent high fever or has one that flares up after subsiding
- Complains of chest pain
- Cannot wake up
- Appears confused or disoriented
- Has clammy or sweaty skin
- Has a fever and rash

Please note that if your child develops these symptoms, it is very important to get medical aid as soon as possible.

Please talk to your health clerk if you have more questions.