To help keep illnesses and flu to a minimum, we are asking that all students and families follow these simple steps:

1. **PLEASE** keep sick children home from school until they are fever-free for 24 hours **without** medication, such as Tylenol or Ibuprofen (Advil or Motrin). A fever is considered above 99.5 degrees and their cough should be gone!
2. Teach your children to **COVER THEIR COUGHS** and wash hands often. Hand sanitizers are also effective.
3. The CDC recommends that **ALL** school-age children receive flu vaccinations. Seasonal flu vaccines are available now.
4. Prepare in advance. Have alternative childcare providers available if YOU cannot stay home or pick up your sick child at school. **SICK students cannot remain at school!**
5. **PLEASE** report your child’s absence to school and tell us if you suspect flu. (just saying “sick” doesn’t help us track illness trends in classrooms)
6. Make sure we have current phone numbers to reach you and your emergency contacts.

For more information, go to www.flu.gov.

CCSD 46 Health Coordinators