



## MINGO COUNTY SCHOOLS

110 Cinderella Road, Williamson, WV 25661, Telephone: 304-235-3333

1/31/2020

Dear Parent or Guardian,

This letter is to provide you with information about an increase in flu cases Mingo County is experiencing. To prevent widespread flu or other viruses and infection in the school, we recommend that your child stay home from school and/or sporting events if experiencing flu or cold symptoms. To decide whether to send your child to school, please consider the following guidelines. You may also contact your school nurse for further questions.

Keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever-greater than 100.0 F and your child should stay home until at least 24 hours after they no longer have a fever over 100.0 F. This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).
- Vomiting- your child should stay home until there is no occurrence of vomiting for 24 hours.
- Diarrhea- your child should stay home until there is no occurrence of diarrhea for 24 hours.
- Chills
- General feelings of fatigue, discomfort, weakness, or body aches
- Frequent congested (wet) or croupy cough
- Persistent nasal congestion with frequent blowing of nose
- Rash

To help prevent the flu and other infections, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing with a paper tissue and throw it away, then wash your hands
- Avoid close contact with people who are sick

The flu and other infections are most contagious during the first 48 hours. A child who has a fever should remain at home until they are fever free for a minimum of 24 hours. Often when a child awakens with vague complaints (the way flu begins), it is wise to observe your child at home for an hour or two before deciding whether or not to bring them to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom. The Flu vaccine remains the number one way to prevent the flu. It is not too late to receive the vaccine for this season.

Thank you in advance for helping to keep this school year as healthy as possible.