

Dear Parents,

Below is information excerpted from a bulletin from the New York State Department of Health which you may find useful:

What are the signs of the flu?

The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.

How does the flu spread?

People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.

How long can a sick person spread the flu to others?

Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).

What should I use to clean hands?

Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use a hand sanitizer. It should be rubbed into hands until the hands are dry.

What can I do if my child gets sick?

Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.

Can my child go to school/day care with the flu?

No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.

When can my child go back to school/day care after having the flu?

Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, and a hand sanitizer, if allowed by school.

As always, please contact me with any questions.

Sincerely,
Mindy Citera
Director