

Dear Parent,

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

We are working closely with Van Buren/Cass District Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

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. Teach your children not to share personal items like drinks, food, or unwashed utensils.
- Teach your children to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbows, arm or sleeve instead of the hand when a tissue is unavailable.
- 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 nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Keep sick children at home for **at least 24 hours after they no longer have fever or do not have signs of fever, without 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.

For more information, visit cdninfo@cdc.gov, or call 1-800-CDC-INFO (1-800-236-4636) for the most current information about the flu. We will notify you of any additional changes to our school's strategy to prevent the spread of flu. Please visit the school district website www.bangorvikings.org for additional information,

Sincerely,

Cathy Lancaster, RN
Bangor School Nurse

