

Hello CIS Parents,

It is that time of year again where hospitals, clinics, and schools are seeing a higher incidence of the flu. This is a reminder of how you and your child can help reduce the spread of the flu virus.

What are symptoms of the flu?

- In general flu symptoms are more severe than the common cold
- 100.0 or higher temp(not everyone has a fever)
- Cough and/or sore throat
- Runny or stuffy nose
- Headache and/or Body ache
- Chills
- Fatigue
- Nausea/vomiting and/or diarrhea

What you can do:

- Get Vaccinated
- Cover nose and mouth when sneezing and coughing
- Wash hands with soap and water or use alcohol-based hand sanitizers frequently
- Practice Healthy Habits with exercise, diet and sleep
- Keep hands away from your eyes, nose, and mouth to keep flu germs from entering your body
- Avoid sharing objects as much as possible
- Ask your students teacher if they are in need of supplies to help reduce the spread of the flu(tissue, hand sanitizer, Clorox wipes)

- If you have flu symptoms do not come to school and/or public areas
- If you acquire the flu contact your medical provider for advice
- Do not return to school until you are free from fever for 24 hours without fever-reducing medication