

Flour Bluff ISD

H1N1 (Swine) Flu

Guidance for Students and Families

As we begin the school year, FBISD is taking proactive steps to keep our students and families healthy during this flu season, such as cleaning cafeteria tables, water fountains, restrooms, buses, etc. more frequently. Hand sanitizer is being made available in classrooms, nurse's offices, administrative offices, cafeterias and gymnasiums. The Center for Disease Control (CDC) recommends the following precautions:

Remember the 3 C's...Clean...Cover...Contain

1. Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.
2. Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow or down the front of your shirt will do.
3. Contain germs. Avoid large crowds when possible. If you do get sick, stay at home until you're well again, so you don't spread more germs.

Get a seasonal flu vaccination (shot or spray) as soon as possible –for yourself and family, too (consult your health care provider for guidance).

FLU SYMPTOMS INCLUDE:

Fever (100 degrees or greater)

body aches

sore throat

cough

If you experience these symptoms it is recommended you consult your physician within 48 hours to seek treatment.

STAY HOME IF YOU GET SICK

Keep your child home until there has been no fever for 24 hours, without fever reducing medications.

Make sure phone numbers are current at your child's campus to avoid delays contacting you if your child becomes ill.

PROCEDURES FOR SENDING STUDENTS HOME

Students will be sent home by the nurse if they have a temperature of 100 degrees or higher, or have a cough, sore throat or body aches. **Students may not return to school until they have been fever free for 24 hours without taking fever reducing medications.**