

Dear Parent or Guardian,

With the flu season upon us, please take a few minutes to remind your children about some of the simple things they can do to stop the spread of germs that make themselves or others sick. Respiratory illnesses such as the flu and other viruses spread very easily, especially among children during group activities. It is important to take steps to prevent or reduce the spread of illness in our schools, especially during the upcoming flu season.

We have noticed an increase in students with various illnesses recently. We are taking steps to prevent the spread of illness in the Bradford Area School District; however, we need your help to accomplish this:

- **Keep children who are sick at home.** Don't send them to school.
- **Teach your children to cover their coughs and sneezes** with tissues or by using the elbow, arm or sleeve instead of the hand.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- **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.
- **Make sure your children have their flu shots.** This is not required for school attendance but it is strongly recommended. Please talk to your child's doctor about the benefits of the flu shot.
- If you have additional questions, contact your health care provider or school nurse.

The Bradford Area School District staff are working together to monitor the health conditions of our students and make decisions about the best steps to take concerning our schools. Our teachers are encouraging and monitoring hand washing and our custodial staff are washing surfaces that are used by students daily. By keeping children at home when they are sick, you decrease the chance that illness will spread to their classmates.

Sincerely,

A handwritten signature in cursive script that reads "Mrs. Katy Lusk".