

Dear Parent or Guardian:

This is just a reminder that flu season is here and prevention and awareness is the key to a healthy school year. The school District is working to reduce the spread of infectious disease. We encourage you to take these simple steps to protect you and your child(ren) during this flu season:

- Wash your hands. Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. If soap and water are not available, use a hand sanitizer.
- Avoid touching your eyes, nose, and mouth. Germs easily spread this way.
- Use tissues to block a sneeze or cough. If no tissues are available, use your sleeve. This helps prevent the spread of germs. Don't forget to wash your hands afterward, even if using a tissue.
- **If your child is sick, keep them home. Do not send them to school.** An infected person may spread influenza one day before having symptoms up to 7 days after becoming ill. Children should remain home until they have been fever free for at least 24 hours without fever reducing medication.

The flu is highly contagious. It is extremely important to reinforce hand hygiene with your child(ren). Influenza commonly starts in December and January and peaks in February and March. Please contact your primary health care physician at the earliest onset of symptoms for prompt diagnosis and treatment. If you have any questions or concerns please contact your school and speak with the school nurse.

Another Concern at school is head lice.

As we are all aware children (and adults) catch head lice. It is an ongoing issue in both schools and homes.

The white bits seen attached to hair are the egg shells. A moving, live louse is the sign of a true infection. Head lice live in clean and dirty hair, long and short. They do not fly or jump. They move from head to head by close contact. If head lice return, it is often because it was not treated correctly the first time rather than re-infection by someone.

Here are a few tips to help you avoid/get rid of head lice.

- Check hair regularly when wet using a head lice comb. Conditioner can be used to make it easier.
- If you find a live walking head louse treatment needs to be started. Maybe speak to your local pharmacist about suitable treatment if your G.P is very busy?
- Head lice lotion should be applied to the full scalp area. (Follow specific product instructions)
- Continue to check your child's hair every day or two with the head lice comb and conditioner.
- **Retreat your child's hair after 7-10 days using the same head lice treatment.**
- Continue to check your children's (and adults) hair regularly for head lice.