

## FLU AWARENESS SHEET

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 at Kinderhaven Preschool Academy. We want to keep the school open to students and functioning in a normal manner during this flu season, but we need your help to do this!

We are diligent about bleaching surfaces, toys and manipulatives, as well as having the children wash their hands with great care. The teachers work with children on nose wiping and blowing, and the children are taught to wash their hands immediately after blowing or wiping their noses.

So, we will do all we can to keep school functioning as usual. We would love to elicit your help as well. Here are a few things that you can do to help:

- Teach your children to wash their hands often with soap and water. Alcohol-based hand rub does not replace hand washing! Have them sing “Happy Birthday” two times to assure the proper amount of hand washing time. Set a good example yourself by washing your hands often.
- Teach your children not to share personal items like drinks, food or utensils.
- Have them cover their mouths with an elbow, arm or sleeve whenever they cough or sneeze. If they do use their hands, teach them to wash them immediately after.
- After blowing or wiping their noses have them throw the tissue out and wash their hands.
- Know the signs of the flu. Symptoms include fever (100 degrees F), cough, sore throat, runny or stuffy nose, body aches, headache, and feeling tired. Vomiting or diarrhea may also occur.
- Keep sick children at home for at least 24 hours after they no longer have a fever or do not have signs of fever, without using fever-reducing drugs.
- Do not send children to school if they are sick. Any child who is determined to be sick while at school will need to go home.

For more information visit [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO 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 the flu.

Sincerely,

Dr. Penny L. Robbins, Director  
Kinderhaven Preschool Academy