

Dear Parent/Guardian,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu here at NICE. 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 working closely with the Michigan Department of Education and the Marquette County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

If your child has tested positive for influenza (fever and cough) they must remain at home for **5 days** to decrease the spread of the infection to healthy students. If they have a fever/cough but have not been swabbed for influenza, we are still asking that they follow the 5 day guideline as they are considered to be influenza positive based on symptoms. It is recommended to have them tested by their doctor.

- **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.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils.
- **Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.**
- **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. Some people may also vomit or have diarrhea.
- **Keep sick children at home.** For at least 24 hours **after** they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected. Quarantine/Isolation is longer with flu symptoms (greater than the standard 24 hours).
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school **will be sent home.**

**Isolation** is defined as the separation or restriction of activities of an ill person with a contagious disease from those who are well. **This means staying home when you are ill.** Not going into public spaces like Target/Walmart or gatherings outside of the home where other healthy people are congregated. Travel should be limited to essential travel only per CDC guidelines.

For more information, visit [Flu.gov](http://Flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit the Marquette County Health Department website or call 475-7844. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Andrea Korpi

NICE Nurse

