

Flu season is here and with some flu cases being reported to the Temecula Preparatory School, we are taking steps to reduce the spread of flu. **We need your help to do this.** The Riverside County Department of Public Health and the Center for Disease Control agree on the following guidelines for students in school:

- Teach your children to wash their hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues.
- Understand the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius 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 a fever or exhibit 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. The TPS school nurse has been directed to return students home IF they return to school before this 24 hour fever free time period.
- Do not send children to school if they are sick. Any students arriving at school with flu like symptoms will be isolated and will be sent home.
- Students experiencing SEVERE flu like symptoms should be seen by your physician. Parents who need help with medical referrals may contact the TPS health office.
- Approved antibacterial wipes/hand sanitizers for at-school use are: Wet Ones – Antibacterial Hand Wipes; HandClens Hand Sanitizer; Any antibacterial wipe/hand sanitizer with the active ingredient Benzethonium Chloride or Alcohol-Free

Riverside Department of Public Health is also encouraging parents to have their children vaccinated for the seasonal flu.

The clinic schedule for **seasonal influenza vaccination** is posted at <http://www.rivco-diseasecontrol.org>.

For the most current information about the flu please visit www.flu.gov.

Thank you for helping to keep all of our students healthy. If you have any questions/concerns please contact Mrs. Apodaca / TPS School Nurse @ 951-926-6797 ext 6001.