



Stop the Spread!

Rains ISD has been hit by the flu bug and we are trying very hard to control the spread. The best prevention for spread of the flu is:

- FREQUENT HANDWASHING
- COUGH OR SNEEZING IN YOUR SLEEVE
- STAY HOME

Do **NOT** send your child to school if they have any symptoms of the flu! Symptoms of the flu may include but are not limited to:

FEVER
BODY ACHES OR JOINT PAIN
HEADACHES
NAUSEA/VOMITING
EXTREME FATIGUE
SORE THROAT
FREQUENT COUGH/SNEEZING/CONGESTION

District policy state that students may not return to school until they have been

- Symptom-free for 24 consecutive hours,
- Without the use of fever-reducing medication.

Please adhere to this policy and help us keep our students and staff well.