

# UNITED INDEPENDENT SCHOOL DISTRICT



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Dear Parents,

Due to the high incidence of flu like symptoms, United Independent School District and Health Services Department is requesting you follow these preventive tips to decrease the spread of germs:

- Check your children for symptoms of influenza (primarily fever (100.4) with either a cough or a sore throat including nausea/vomiting, and diarrhea)
- **Keep sick children and individuals' home.** Do not send sick children to school, childcare, or work. Students should return to school until they have had no fever for 24 hours without the use of fever-reducing medicine, even if they feel better.
- **Clean your hands.** Teach your children to wash their hands often with soap and water for at least 20 seconds. If soap and water are not available, have them use an alcohol-based hand sanitizer to clean their hands.
- **Cover your mouth and nose.** Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- **Avoid close contact.** Avoid close contact with people who are sick and when you are sick keep your distance from others to protect them from getting sick too.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Vaccinate your children and yourself with the seasonal flu vaccine.

**If the school nurse sends a student home, a doctor's excuse will be required to return to school. Please make sure that you have your child examined by a physician should the nurse send him/her home. We follow state and national guidelines to prevent the spread of disease.**

The school district and Health Services Department as well as, the City of Laredo Health Department are encouraging everyone to get vaccinated against the flu. The vaccine does protect against seasonal influenza viruses however; it takes two weeks to build immunity against the flu. The sooner you get vaccinated the earlier you will be protected against the flu.

Information retrieved from CDC website: <http://www.cdc.gov/flu/keyfacts.htm700>

Respectfully yours,

*Irene Rosales MSN, RN*

Irene Rosales MSN, RN  
Health Services Director

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