



Lincoln County R-IV School District

Middle School

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Dear Parents/Guardians:

The Winfield R-IV Schools would like to offer information to parents to promote a healthy environment for our students to prepare for flu season this year and other valuable information.

Here are some tips that will help keep your child healthy this winter and all year long:

- **Wash hands frequently:** Talk to your child about the importance of proper hand washing with soap and water or using alcohol-based hand rub when soap and water is not available. Teach your children to cover their coughs and sneezes with tissues if available, or use the elbow, arm or sleeve to cover their face if no tissues are available. By doing so, it will help decrease the spread of communicable diseases.

- **Get a flu shot:** The flu vaccine is recommended for your child in preventing getting the flu this season. Talk with your child's doctor/healthcare provider about the best options for your child.

Symptoms of Flu:

- Fever
- Sore Throat
- Headache
- Cough
- Body Aches
- Chills and Fatigue
- Runny or Stuffy Nose
- Sometimes Vomiting and Diarrhea

- **Stay active:** Just because it's cold outside doesn't mean your child can't stay active. Encourage him or her to play outside in the snow. If it's too cold to go outside, give your child ways to stay active indoors. Head to a local gym where your child can play indoor basketball or break out some music and have a dance party right at home.

- **Eat healthy:** Make sure your child receives plenty of rest and eat the right food, by regularly including plenty of fruits and vegetables, whole grains and lean protein meats in their diet.

Practice checking your child's head for Lice and Nits at home during the school year to prevent exposure to other individuals in your household, and follow the recommend treatment as instructed in CDC Communicable Disease which may be found at the listed web site below or contact your building school nurse for further information.

<http://www.flu.gov>

<http://www.cdc.gov/lice/head>

or

Lincoln County Health Department contact phone number (636)-528-6117 to obtain further information on communicable disease or vaccines availability.