

**Beaver Public Schools
807 Ave G
Beaver, Ok 73932
580-625-3558**

1/19/18

Dear Parents or Guardian,

With the flu season now upon us, we need your help to help prevent widespread flu in the school. We ask that you please keep your child at home if experiencing the following **symptoms**:

Fever (greater than 100 degrees)

Vomiting (even once)

Diarrhea

Chills

Sore throat

headache

General complaints of tiredness, weakness, aching

Frequent congested (wet) or croupy cough

Runny nose or congestion

If your child presents to school with these symptoms, we will call you to pick up your child.

To help prevent the flu and colds, please encourage your child **good hygiene habits**:

Wash hands frequently

Do not touch your face, especially your eyes, nose, or mouth

Cover mouth and nose when sneezing or coughing. Cough into your arm or sleeve.

Students may **only** return to school after they have been free of fever (without use of fever reducers) and free of nausea and vomiting for 24 hours.

Thank you for helping us keep our school healthy!

Sincerely,

N. Barrera RN
Beaver Public Schools