



Linwood Public Schools

Excellence in Teaching and Learning

Seaview Elementary School Dolphins
Belhaven Middle School Falcons

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Dear Linwood Families:

With the peak of the cold and flu season upon us, we want to let you know what steps we are taking to keep our school community healthy and some steps you can take to help your child/ren stay healthy.

Respiratory infections, such as the flu and common colds (colds), are spread when people come in close contact with sick people and inhale airborne droplets, or come in contact with contaminated surfaces. Flu and colds symptoms can sometimes be difficult to tell them apart, but consider this:

	FLU	COMMON COLD
How it begins	Sudden	Gradual
Cough	Severe	Mild to moderate
Muscles	Achy	None to mild aches
Stuffy, runny nose	Sometimes	Common
Tiredness	Severe	Mild
Fever	None to high grade	None to low grade
Complications	Bronchitis/Pneumonia	Earache/Sinus infection

If symptoms persist or worsen, make an appointment with your healthcare provider to be evaluated. The flu can be serious for children of all ages, causing them to miss school, activities, or even be hospitalized.

We take the health of our students seriously and work very hard to keep these viruses from spreading. We regularly clean frequently touched areas such as door knobs, stair rails, telephones, computer keyboards, and bathroom faucets and fixtures. We also instruct students and staff to follow the Centers for Disease Control and Prevention (CDC) *Take 3* approach to fight the flu:

1. Get the flu vaccine every year
2. Take everyday preventative actions to stop the spread of germs:
 - Wash hands often with soap and water, or use alcohol-based hand sanitizers when soap and water are not available,
 - Cover coughs with a disposable tissue or cough into their sleeve,
 - Avoid touching their eyes, nose, and mouth,
 - Avoid close contact with sick individuals,
 - Avoid sharing cups and eating utensils, and
 - Stay home when sick.
3. Check with your healthcare provider if necessary for other steps they may prescribe

You can help us maintain a healthy school environment in a variety of ways:

- Make sure your children receive all recommended immunizations, including an annual flu vaccine,
- Reinforce all of the above preventive behaviors practiced at school,
- Make sure children get plenty of exercise, sleep, and healthy food, and
- Keep sick children home, especially if they have a fever above 100° F, diarrhea, vomiting, or a severe cough.

A couple additional important points:

- Notify your child's healthcare provider if your child develops difficulty breathing or a new onset of wheezing, and
- If your child has asthma, please make sure we have a copy of your child's Asthma Action Plan.

Important information about preventing the flu can be found at these websites:

- <http://www.cdc.gov/flu/protect/children.htm> and 2
- www.preventchildhoodinfluenza.org/school.

If you have any questions, please don't hesitate to contact your school nurse. Together we can have a healthy school year!

Sincerely
The Linwood Nursing Team

#FinsUpWingsUp