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MEMO

TO: Parents
FROM: Stan Black, Director of Schools *SB*
DATE: August 19, 2009
RE: Flu Conditions

As you know, flu can easily spread from person to person and students are among the groups most affected. Therefore, we are taking steps to minimize the spread of flu in our schools. We want to keep the schools open and functioning in a normal manner during this flu season. **We need your help to do this.**

We will be working closely with the Tennessee Department of Education and the county health department to monitor flu conditions and make decisions about the best steps to take concerning schools.

Currently we are doing everything we can to keep schools functioning as usual. Here are a few things you can do to help:

- Encourage your children to **wash their hands** with soap and water or an alcohol-based hand rub.
- Ask you children **not to share personal items** like drinks or food.
- Teach your children to **cover their coughs** with tissues.
- **Know the signs and symptoms of flu.** Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache and feeling tired. Some may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have fever without using fever-reducing drugs. Avoid aspirin.
- **Do not send children to school if they are sick.**

We will keep you updated with new information as it becomes available.

Thank you!