

Letter to Parents: Influenza

February 12, 2019

Dear Parent/Guardian,

Flu season is here, and the St. John the Baptist School Board wants to keep your children and the adults who care for them healthy.

Influenza (“the flu”) is an infectious disease caused by a virus. When children are in a group they are more likely to get infectious diseases like influenza. The flu virus can cause serious illness that may result in hospitalization or worse. Children with certain conditions are at high risk for complications from the flu, but most children who get the flu are healthy. Even one extreme case of the flu is too many – it’s very important for us to work together to protect the children in our care!

The single best way to protect against influenza is to get vaccinated each year because protection against the flu wears off over time. In addition, the flu strains in the vaccine often change from year-to-year in order to match the flu viruses expected to be circulating in the community.

Here are some ways we can work together to promote health and reduce illness.

- Get vaccinated for Influenza every year.
- Use Good Hygiene: ***Frequent Handwashing after sneezing and coughing.***
- Any child with respiratory symptoms (***cough, runny nose, or sore throat***) and fever should stay home and not attend their child care program.
- ***The child can return: after the fever has resolved*** (without the use of fever-reducing medicine) the child is able to participate in normal activities; and the staff can care for the child without compromising how well they are able to care for the other children in the group.

Thank you for everything you do to help keep your child safe and healthy! If you have questions, please talk with school officials.

Sincerely,

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