

This message is from the Health Services Department of Shepherd ISD.

We are in the height of Flu season. With increased numbers of Flu cases reported across Texas, including Shepherd, we wanted to provide information to you on ways to help keep our community, students, and faculty healthy and safe.

The best methods to help STOP the spread of flu and other illnesses is to practice good hand washing, covering your cough or sneeze, disinfecting surfaces that may be contaminated with germs, and by staying home when you are sick.

Early symptoms of Flu can include low grade fever, headache, muscle aches, nausea, and low energy levels. Active or acute symptoms of flu or flu-like illnesses are fever of 100 degrees or more, cold like symptoms, chills, body aches, and/or vomiting.

We would like to remind parents that students should remain at home if they experience any of these acute or active symptoms until they have been symptom free, without having to take medication such as fever reducers, for 24 hours.

Additional Flu information, as well as the criteria for keeping your child home from school, is on our District home website page under the section:

Nurses Notes: <https://nursesnotessisd.weebly.com/>

Please call any campus clinic if you have questions or concerns.

Primary School

936-628-3302 #4107

Fax: 936-628-6459

Intermediate School

936-628-6764 #4207

Fax: 936-628-6507

Middle School

936-628-3377 #4307

Fax: 936-628-6749

High School

936-628-3371 #4409

Fax: 936-628-6986