

NH DHHS Acute Respiratory Illness Guidance

August 2023

Flu season is approaching. We ask your help in preventing the spread of flu in our school. The flu spreads from person-to-person, and children in schools are among the most affected. We want to keep school open during flu season and we cannot do it without you.

Here are a few ways you can help:

- Know the signs of the flu.
 - Signs may include; fever greater than 100 degrees, cough, sore throat, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Keep sick children at home.
 - Children should stay at home for at least 24 hours after the last signs of a fever without using medicine.
 - Children should not return to school within 24 hours of the last sign of vomiting or diarrhea.
 - Children with a constant cough should stay home until medicine relieves it.
 - Any child who is sick at school, should go home.
- Report their absence to the school nurse.
 - If your child is out sick with the flu or flu-like illness, please let the nurse know.
- Teach your children when and how to wash their hands.
 - Hand washing with soap and water often is the best way to reduce the spread of germs.
- Teach your children to cover their coughs and sneezes (with a tissue or their elbow).
- Teach your child not to share.
 - Children should not share their personal items like their food or water bottles.

Our school works with the NH Bureau of Infectious Disease Control (BIDC) to monitor flu events. For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. We will notify you of any changes to our school's plan to prevent the spread of the flu this season.