

BLBS Flu Season Info / Student Sickness Report

Dear Parents,

As we enter flu season this year, especially with widespread concern about a possibly severe bout of H1N1 flu, we are taking steps to help prevent the spread of flu at school. We need your help to accomplish this.

Today at school we spoke with your student(s) about things they can do to help stop the spread of germs. Following are a few of the things we covered:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
- **Don't share personal items** like drinks, food, or unwashed utensils, **especially** with someone who is sick.

Here are a few things for you as parents to keep in mind as we enter flu season:

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100° Fahrenheit, 37.8° Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **The Center for Disease Control** is recommending that children and other people who are considered "at-risk" get a seasonal flu shot as well as the H1N1 vaccination which should be available later in October. This, of course, is up to you as parents. For more information on the vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.

Bird Lake Bible School will be instituting the following guidelines regarding students who are or become ill at school:

- **Do not send your children to school if they are sick.** Any student who is or becomes sick while at school will be sent home as soon as possible.
- **Keep sick children at home for at least 24 hours after** they no longer have a fever or signs of a fever – without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).
- **Students will be required to hand in a Student Sickness Report form** when they return to school (attached, also available on the BLBS website). We need this information to best monitor the types of sicknesses our students are experiencing.

For the most up-to-date information on flu, visit www.flu.gov, or call 1-800-CDC-INFO (232-4636).

BLBS Student Sickness Report

Please remember that this form must accompany any student returning to school after being absent because of sickness.

✓ Student's name _____

✓ Dates absent because of sickness _____

✓ Please indicate all symptoms experienced:

Fever: _____ °F

Coughing

Sore Throat

Vomiting

Diarrhea

Body Aches

Headache

Severe Tiredness

Runny Nose

Stuffy Nose

Sneezing

Stomach Pain

Other Symptoms: _____

✓ If the student was seen by a doctor, include on the lines following: the name of the doctor, the diagnosis, and the treatment prescribed.

REMEMBER

Keep sick children at home for **at least 24 hours after** they no longer have a fever or signs of a fever (100° F +), **without** the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).

Parent Signature _____

Date _____