

Argenta-Oreana School District No. 1

Damian D. Jones, Sr., Superintendent

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Dear Argenta-Oreana CUSD #1 Parents, Faculty, and Staff:

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Argenta-Oreana CUSD #1. We want to keep our schools open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

The flu virus disproportionately affects young people, so it is critical that schools and families work together to help prevent the flu's spread and to be ready to respond to outbreaks as they occur. The Centers for Disease Control and Prevention (CDC) indicates that we can do a few things to help:

- **Teach children to wash their hands** often with soap and water or an alcohol-based hand rub. As adults, we can model this behavior for our children and students.
- **Teach children not to share personal items** like drinks, food, or unwashed utensils, and to cover their coughs and sneezes with tissues. We all should cover up our coughs or sneezes using the elbow, arm, or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (anything over 99.4 degrees Fahrenheit), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have a fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Children who are determined to be sick while at school will be sent home.

We appreciate your assistance in this matter. You can find more information at www.flu.gov.

Sincerely,



Damian D. Jones, Sr.
Superintendent

“INSPIRING SUCCESS WHILE BUILDING DREAMS”