



January 2020

Dear Parent or Guardian:

Your child’s health and well-being are important to me and the School District of Beloit. This time of year, we always see an increase in the number of cases of influenza (flu) and other respiratory viruses, especially at school. We have many steps in place to keep our school community healthy.

Respiratory infections, such as the flu and common colds (colds), are spread when people come in close contact with sick people and inhale airborne droplets or come in contact with contaminated surfaces. It is important to remember that the flu has a sudden on-set, while a cold’s onset is much more gradual.

Symptoms	FLU	COMMON COLD
Cough	Severe	Mild to moderate
Muscles	Achy	None to mild aches
Stuffy, runny nose	Sometimes	Common
Tiredness	Severe	Mild
Fever	None to high grade	None to low grade
Complications	Bronchitis/Pneumonia	Earache/Sinus infection

If symptoms persist or worsen, make an appointment with your healthcare provider to be evaluated. The flu can be serious for children of all ages, causing them to miss school, activities, or even be hospitalized. Notify your child’s healthcare provider if your child develops difficulty breathing or a new onset of wheezing, and if your child has asthma, please make sure we have a copy of your child’s Asthma Action Plan.

As a precaution, our district regularly cleans door knobs, stair rails, telephones, computer keyboards, and bathroom faucets and fixtures. We also instruct students and staff to follow the Centers for Disease Control and Prevention (CDC) **Take 3** approach to fight the flu:

1. Get the flu vaccine each year. There is still time to get the vaccination for this year.

2. Take every day preventative actions to stop the spread of germs:

- Wash hands often with soap and water, or use alcohol-based hand sanitizers when soap and water are not available;
- Cover coughs with a disposable tissue or cough into their sleeve;
- Avoid touching their eyes, nose, and mouth;
- Avoid close contact with sick individuals;
- Avoid sharing cups and eating utensils;
- And most importantly, stay home when sick.

3. Take an Antiviral Flu medication, if your healthcare provider prescribes them.



You can help us maintain a healthy school environment in a variety of ways:

- Make sure your children receive all recommended immunizations, including an annual flu vaccine,
- Reinforce all of the above preventive behaviors practiced at school,
- Make sure children get plenty of exercise, sleep, and healthy food, and
- Keep sick children home, especially if they have a fever above 100° F, diarrhea, vomiting, or a severe cough.

Important information about preventing the flu can be found at these websites:

[CDC - Children & Influenza](#)

[National Foundation for Infectious Diseases - Keep Flu Out of School Kit](#)

[Rock County - Public Health](#)

You should contact the school nurse, your physician, or the Rock County Health Department if you have any further questions or concerns.

Sincerely,

Michelle Babilus
Director of School Health
School District of Beloit