

## Remember Flu Responsibilities

1. Wash your hands often with soap and water.
2. Use hand sanitizer when soap and water are not available.
3. Cover your mouth and nose with a tissue when coughing or sneezing. If you have no tissue handy, cough or sneeze into your upper sleeve.
4. Avoid close contact with people who are sick.
5. Stay home from work, school and errands when you are sick.
6. When you call your child in sick for school please provide the answering machine or nurse/secretary information about at least two symptoms your child is experiencing. **It is critical that you report a fever if it is present as one such symptom.**
7. As much as the district encourages strong attendance, it is essential that you keep your child home and away from school events **if they have a fever.**
8. Your child **must be fever free for twenty-four hours (without the aide of medication)** before returning to school.