

**Guidance for Parents for Reporting
Flu to Their School
If Your Child Sick With Flu, Report
It To Your School!**

What To Say

If your son or daughter is sick with influenza, it's important that you report this reason of illness when you speak with your school's attendance clerk. . Don't tell the attendance clerk only that your child will be absent from school. Instead say, "My child is sick with influenza."

When To Say It

You need not wait for a doctor's diagnosis to know your child has influenza. You should report that your child is sick with influenza if they have a cough or a sore throat and if, when you take their body temperature using a thermometer, the reading measures 100 degrees or greater.

Additional symptoms that often indicate influenza include malaise, muscle aches, runny nose, sore throat, chills, and headache. If your child has these symptoms, don't send them to school. Call your school and say, "My child is sick with influenza."

Why It Matters

If you report influenza as the reason for your child's absence, your school can share that valuable information with (LHD) Public Health. We've asked school nurses to report school absenteeism due to influenza to get a clearer view of how influenza is emerging. This can help us take action to slow the spread of influenza in our region.

We take influenza seriously — and you should, too — because it can lead to serious illnesses, school and business closures, and even deaths. In fact, the Centers for Disease Control and Prevention (CDC) reports that, in the U.S., influenza causes more than 200,000 hospitalizations annually and about 36,000 deaths.

Next Steps

Once you report influenza to your school attendance clerk, consider making an appointment with your child's pediatrician to verify the presence of influenza and obtain a prescription for helpful medications.

Don't send your child back to school until all of your child's influenza symptoms have subsided or your pediatrician says it's acceptable for your child to return to school. As of 08-06-09 CDC recommends at least 24 hours after fever is gone without fever-reducing meds.

BE PREPARED.....

**When your child is sick
AND
YOU HAVE TO MAKE
THE DECISION
WHETHER OR NOT
TO KEEP HIM OR HER
HOME FROM SCHOOL.**

**Tips for
Parents**



Southwest Nebraska Public Health Department

Serving Perkins, Chase, Dundy, Frontier, Hitchcock, Hayes, Red Willow, and Furnas counties

HOW TO: Stay well & STOP GERMS

- **Cover your mouth and nose with a tissue** when coughing or sneezing and always throw away tissues after using them.

- **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

- **Avoid touching your eyes, nose or mouth.** Germs spread this way.

- Get plenty of **rest, exercise; drink enough water** and eat nutritious foods.



- Try to **avoid close contact with sick people.**

- **Stay at home if you are sick** and avoid contact with other people as much as possible. This includes staying away from campus and places such as restaurants, movie theaters, friends' houses and grocery stores.
- You can be **contagious up to 7 days** after onset of symptoms.

According NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES TITLE 173 CONTROL OF COMMUNICABLE DISEASE CHAPTER 3 SCHOOL HEALTH, COMMUNICABLE DISEASE CONTROL, AND PHYSICAL EXAMINATION AND IMMUNIZATION STANDARDS:

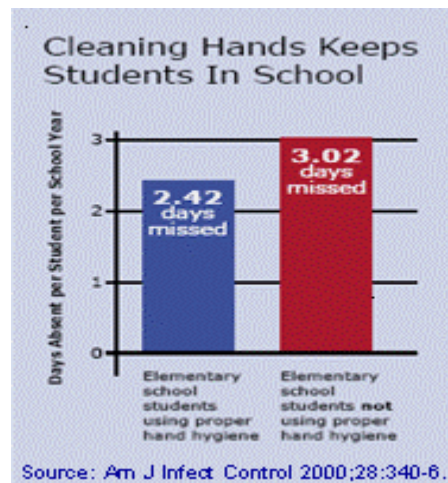
3-002 EXCLUSION FROM SCHOOL

“Children showing any signs or symptoms of a contagious or infectious disease are required by law to be sent to their homes immediately, or as soon as safe and proper conveyance can be found.”

“A communicable disease should be suspected if one or more of the following are present:

1. Fever
2. Flushed face
3. Headache
4. Aches in muscles or joints,
5. Unexplained tiredness or listlessness
6. Loss of appetite
7. Stomach ache
8. Nausea or vomiting
9. Diarrhea
10. Convulsions sore throat
11. Nasal congestion or discharge
12. Unexplained skin eruption
13. Sore or inflamed eyes”

Find out your school's exclusion policy.



1. **FEVER** (defined as having a temperature of 100 degrees or higher if taken under the arm or an oral temperature of 101 or greater).
2. **SIGNS / SYMPTOMS OF POSSIBLE SEVERE ILLNESS** (unusually tired, irritability, uncontrolled coughing, persistent crying, difficult breathing, wheezing, seizures, and/or severe stomach pain).
3. **VOMITING** (defined as two or more episodes in the previous 24 hours).
4. **DIARRHEA** either uncontrolled or uncontained (Uncontrolled diarrhea is defined as 5 or more stools in an 8 hour period, an increased number of stools for the child, or watery or bloody stools. Uncontained diarrhea is defined as 1 loose stool that cannot be contained by the use of the toilet.)
5. **EYE DRAINAGE** (defined as pink or red eyes with white or yellow discharge that causes matting of the eyelids; pain or redness of eyelids).
6. **UNUSUAL COLOR** (defined as yellow eyes or skin; gray or white stool; black or blood colored stool; dark, tea or cola-colored urine).

The above definitions should help you understand the symptoms. Call your doctor or medical provider. Make an appointment to have your child examined to determine whether treatment is needed and if your child is healthy enough to return to school.