

MESSAGE FROM THE HEALTH OFFICE

We wanted to take a moment to reach out to all families of the Weston Public Schools and let you know we have been made aware of an increase in the diagnosis of influenza in Weston and the surrounding communities. While it is at a manageable and safe level, it is always beneficial to be proactive and take adequate precautions in order to prevent the spread of illnesses.

Influenza is very contagious and is spread through tiny droplets spread when people infected with the flu, cough, sneeze or talk. In an effort to keep all students and faculty healthy, we appreciate your cooperation in the following for all communicable illnesses:

Please keep your children home:

- When they have a temperature of 100.5 degrees F or higher
- Until they are fever free for 24 hours **without** receiving fever reducing medication such as Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin)
- When they feel unwell or appear sick, even in the absence of a fever
- When they have vomiting and/or diarrhea, keep home for 24 hours until stopped
- When they have a severe cough that cannot be controlled, or copious thick green/yellow mucous from the nose
- If they have been diagnosed with Strep Throat and it has not been at least 24 hours since the first dose of antibiotics
- If they are diagnosed with Influenza and are taking Tamiflu (they may still be contagious)
- Keeping children home who have been diagnosed with the flu for an extra day or two ensures their energy has returned and they are available for learning.

Further:

- Please remind your children to be vigilant about hand washing with warm water and soap
- Use Purell when soap and water are not available
- Encourage covering coughs and avoiding anyone with cold symptoms
- At home, clean phones, keyboards, doorknobs etc., to minimize the spread of germs and viruses at home
- Replace toothbrushes after recovering from an illness

Please see the following link <https://www.cdc.gov/flu/keyfacts.htm> to learn more about influenza signs/symptoms/treatment. Always seek the advice of your health care provider when you are concerned about your child's health.

