



Dear Parent/ Guardian:

Influenza, “the flu”, is in our community and will likely continue for several months. While the vast majority of flu cases have mild or moderate illness, influenza can be a very serious illness. Because the flu can be easily spread from person to person, we are asking your assistance to help reduce the spread of the flu.

The best protection against the flu is getting vaccinated. We encourage students, parents, and other family members to get a flu shot. It is not too late to get vaccinated and vaccine is widely available.

Other healthy habits you can do to help:

- **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Parents should set a good example by washing their own hands frequently.
- **Cover your cough**, nose and mouth with a tissue or elbow when you cough or sneeze. This will help prevent germs from getting into the air or contaminating door knobs, railings, water fountain buttons and other objects.
- **Avoid spreading germs** by not touching your eyes, nose or mouth. Try to avoid close contact with anyone who is sick.
- **Keep sick children at home** for at least 24 hours after being free of fever (100° F [37.8°C]), or signs of a fever, without the use of fever-reducing medications like Tylenol or Advil.

If your child becomes ill with the flu you should contact their healthcare provider as soon as possible, especially if they are at high risk (asthma, aspirin therapy, immune compromised) for severe disease. Symptoms can include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue. If your child is ill please keep them at home until 24 hours after the fever is gone.

If you visit your child’s healthcare provider, please let staff know your child has a respiratory infection and take steps to cover their cough. For more information about influenza, including where vaccine is available, please visit the Sonoma County Department of Health Services’ flu page: www.sonoma-county.org/flu .

Sincerely,

Marianne Etchell-Allen
School Nurse

Sue Field, Ed.D. *Superintendent*

707.542.2201 • 707.544.6629 FAX 2250 MESQUITE DRIVE • SANTA ROSA, CA 95405 www.bvUSD.org

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