

Administration Center

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January 2018

District 202 Families-

We want to assure you that District 202 is closely monitoring the recent flu outbreak to ensure our students' and staff members' health and well-being, and keep our children in school so that they can continue learning.

We routinely work closely with the Centers for Disease Control and Will County Health Department. The Will County Health Department recommends these steps to help control and prevent the spread of influenza (flu):

First and foremost, children experiencing flu-like illness symptoms (such as fever, cough, and sore throat) should stay home from school. Influenza is primarily spread by direct contact with nose and throat secretions. These measures will help reduce the chance of becoming sick with influenza and other similar infections.

- Teach children proper hygiene and respiratory etiquette – covering their faces when they cough or sneeze and washing their hands with soap and water after going to the washroom, before eating, after sneezing etc.
- Know the signs and symptoms of the flu: fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- Please keep children home if they are sick. The Centers for Disease Control recommends keeping children home until they are fever-free for 24 hours without the use of fever-reducing medications. However, children should stay home if they still feel ill or are coughing and sneezing frequently after the fever resolves.
- If your child is diagnosed with influenza by a medical provider, follow your provider's recommendation for how long to keep your child home. Please note, people with influenza can be contagious for 5-7 days
- Contact your physician for medical questions or concerns. Your doctor may order anti-viral medications to shorten the duration of illness and make the symptoms milder.

Please visit the Centers for Disease Control website for [more information about influenza and how to help keep your family healthy](#).

Finally, please contact your school nurse with any questions.

Thank you, as always for everything you do to support your children's learning, achievement and personal growth in District 202.

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