



This letter is being sent home as a reminder about prevention efforts to decrease the spread of influenza and other illnesses.

Parents and Guardians, please continue to stress the importance of **FREQUENT HAND WASHING**.

- Hands should be washed with soap and water for at least 20 seconds.
- Teach children to cover their nose and mouth with a tissue when coughing or sneezing. Allow your child to carry their own supply of tissues. HAND WASHING is advised after the use of each tissue when coughing and sneezing.
- Teach children the “Cover Your Cough” maneuver. It recommends that we cough into the crook of our elbows instead of covering the cough with our hands.
- **STUDENTS SHOULD STAY HOME WITH SYMPTOMS SUCH AS FEVER GREATER THAN 100 DEGREES, SORE THROAT, MUSCLE ACHES, HEADACHE, DIARRHEA AND VOMITING. SOME OF THESE SYMPTOMS MAY OR MAY NOT ACCOMPANY A FEVER.**
- **ILL STUDENTS SHOULD STAY HOME FOR AT LEAST 24 HOURS AFTER THEY NO LONGER HAVE A FEVER, OR SIGNS OF A FEVER, WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS. THEY SHOULD ALSO STAY HOME IF THEY ARE BEING TREATED WITH ANTIVIRAL DRUGS.**
- Please keep all parent phone numbers and emergency contact information updated.

Please know that Oldham County Schools are being very diligent in their efforts to prevent the spread of illness. We continue to stress the importance of frequent, thorough hand washing and “Cover Your Cough” maneuvers at school, but we need your help at home. Custodians are cleaning handrails, doorknobs, faucet handles, keyboards, tables, etc. daily.

We cannot stress enough the importance of keeping ill children at home. Schools and families must work together to remain healthy.

Sincerely,

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