



COLUMBUS HUMANITIES ARTS AND TECHNOLOGY ACADEMY

Flu



Dear Parent or Guardian:

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if experiencing any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

Definitely keep your child at home for treatment and observation if experiencing any of these symptoms:

- Fever (greater than 100 degrees by mouth and your child may return to school only after the temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. A child who has started antibiotics needs to be on the medication for 48 hours before considered non-contagious and able to return to school. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,
Ms. Morgan
Head of School

KNIGHTS LEAD THE CHARGE!

1333 Morse Rd., Columbus, OH 43229 // Phone: (614) 261-1200 // Fax: (614) 261-1201

Ms. L. Morgan - Head of School



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School Supplies: Backpacks, Pencils, and . . . Flu Vaccines

Preparing your children for school means keeping them healthy.

Getting your kids vaccinated against influenza (the flu) is a great way to help them stay healthy. The vaccine protects them from a sometimes serious but preventable disease, the flu.

The flu is more than just a bad cold.

Each year, as many as 1 in 5 people in the U.S. get the flu, and school-aged children are up to 4 times more likely to be infected than adults. The flu can be serious. Even healthy children can get very sick from the flu and miss school days. The flu can be especially serious for young children and anyone with health issues like diabetes or asthma.

Flu vaccines can protect your children from the flu.

Flu vaccines are safe, effective, and **do not cause the flu**. Since the flu can be serious for your children and can easily spread, it is important that they receive a flu vaccine every year. In fact, the flu vaccine is recommended for ALL people 6 months of age and older. Everyone in your family should get vaccinated even pregnant women, healthy kids and adults. Even if you have an egg allergy, you may be eligible for vaccination. Ask your doctor if you can get vaccinated.

The flu vaccine protects against the types of flu that are the most likely to spread. This flu season, the vaccine protects against the same types of flu that were common last season. Even if you got a flu vaccination last season, get vaccinated again. The vaccine wears off over time and last season's vaccine may not protect you.

What else can your family do to be protected from the flu?

- Cover your nose and mouth with a tissue or your sleeve when coughing or sneezing.
- Wash your hands often with soap and water, or use alcohol-based sanitizers.
- Avoid touching your eyes, nose, or mouth since germs spread that way.
- Avoid close contact with sick people. If you're sick, stay home for at least 24 hours after your fever is gone. Children with flu-like symptoms will be sent home from school.

Get your child vaccinated!

People should begin getting vaccinated soon after flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. between December and February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

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