

CRANDALL INDEPENDENT SCHOOL DISTRICT

P.O. Box 128
Crandall, Texas 75114

(972) 427-6000

January 23, 2014

Flu season is upon us and we have had several physician-confirmed cases of flu and strep throat. At Crandall ISD, the health and safety of our students are of paramount importance. Therefore, we believe it is important that you have accurate information and resources to provide a proactive approach against illness and infection.

Although we are making every attempt at school to decrease the spread of infection, parent cooperation is of utmost importance to keeping the incidence of illness to a minimum in our schools. Here are some important reminders for you to consider:

1. School policy requires all students to be symptom free for 24 hours before returning to school. So, if your child has run a fever or thrown up the evening before, during the night, or that morning they may not come to school until they have had no symptoms for 24 hours.
2. Please send your child to school with appropriate outerwear. Unless temperatures are extreme, we dismiss from outside and children should have appropriate coats/jackets to keep them warm and protected from the elements.
3. A student must have a doctor excuse noting PE/recess restrictions for them to sit out at PE/ recess.
4. Please remind your child to cough/sneeze “in their sleeve” instead of covering with their hands.
5. Hand washing is vital to decreasing the spread of disease. Please encourage your child to wash their hands after using the restroom, before a meal or a snack and anytime they get visibly dirty, and please be a good example for them by doing the same.
6. If your child is diagnosed by a physician, please call the school office or clinic and notify them so they can keep tabs on the type and amount of illness within our school.
7. If your child has any of these signs or symptoms, we ask that you keep your child home and contact your family doctor. If any family members are experiencing these symptoms it would be wise for the entire family to remain isolated until medical professionals have an opportunity to evaluate the illness. Additional information about the Swine Flu is available in both English and Spanish on the CDC Web site, which is www.cdc.gov/swineflu. Also, there is a public information line established by the Texas Department of State Health Services if you have any questions. The number is (888) 777-5320

If you have any questions or concerns, please contact your child’s campus clinic at 972-427-6000.



DALLAS COUNTY
DEPARTMENT OF HEALTH AND HUMAN SERVICES

Zachary Thompson M.A.
Director

Christopher Perkins D.O.
Medical Director/ Health Authority

Date: 1/8/2014
To: School Staff and Parents of Students
Re: Influenza Activity in Dallas County

Influenza season has begun earlier than usual this winter in Dallas County. As expected with high levels of influenza currently circulating in our community, cases of influenza-like illnesses may be increasingly reported in students and staff.

As in past influenza seasons, the health and safety of all children are a priority for each school community. Since flu can spread easily from person to person, we need your help to prevent cases of flu in students and staff. It is important for all staff, students, and families to take the following precautions at this time:

- Monitor the health of your child and all other household members closely by **checking for fever and other flu symptoms every morning**. Symptoms of flu usually include fever with cough or sore throat, and sometimes runny nose, body aches, headache, vomiting or diarrhea.
- **Staff and children with symptoms of the flu should stay at home**. Keeping sick students at home is the best way to keep flu from spreading to other students and staff. As much as possible, sick children should be cared for by a single designated caregiver, kept in a separate room in the house and have limited contact with other household members who are not sick. **Children with symptoms of flu should not return to school until they no longer have fever for at least 24 hours without the use of fever-reducing medications.**
- Testing for flu and treatment with antiviral medications is **not** needed for most children over 2 years of age **without** underlying medical conditions who have **mild** flu illness. Ill children should be encouraged to drink plenty of clear fluids to keep from becoming dehydrated. Do not give any medicines containing aspirin to your child. *Contact a healthcare provider and seek medical care **immediately** if your child is having difficulty breathing or chest pain, has altered mental status or confusion, is vomiting and unable to keep liquids down, or is getting worse.*
- **Recognize whether your child or any household member is at high risk for severe illness from flu.** *People at higher risk for flu complications include children under the age of 2 years, pregnant women, people of any age who have chronic medical conditions (such as **asthma**, diabetes, cancer or heart disease), and people age 65 years and older.* If any **high risk** person or their household members become sick with flu-like symptoms, please contact your doctor as soon as possible to ask for advice about antiviral medications.
- **Remind all household members to wash their hands** thoroughly with soap and water, or use hand sanitizer regularly. Continue to teach children to cover their cough with their elbow or sleeve, and to avoid touching their face.
- **Have all eligible household members vaccinated** for influenza as soon as possible.

Schools are currently closely following their percentages of student absenteeism. Influenza epidemics evolve in unpredictable ways. Please be aware that if the situation becomes more severe, the school will notify you if there are any additional steps that the school will be taking to prevent the spread of flu.

More information on how to take care of a sick child is available at: <http://www.cdc.gov/flu/homecare/>. For more information about flu, call 1-800-CDC-INFO or visit <http://www.cdc.gov/flu/>. Dallas County influenza resources and updates are available at: www.dallascounty.org. Thank you.



CONDADO DE DALLAS
DEPARTAMENTO DE SALUD Y SERVICIOS HUMANOS

Zachary Thompson M.A.
Director

Christopher Perkins D.O.
Director médico/Autoridad de salud

Fecha: 08/01/14
Para: Todo el personal de la escuela y los padres de estudiantes
Ref.: Influenza en el Condado de Dallas

La temporada de influenza ha comenzado antes de lo normal este invierno en el Condado de Dallas. Como se espera con los niveles altos de influenza en nuestra comunidad, se podrán reportar más casos de enfermedades similares a la influenza entre los estudiantes y el personal.

Al igual que en temporadas de influenza anteriores, la salud y seguridad de todos los niños es una prioridad para cada comunidad escolar. Dado que la gripe puede contagiarse fácilmente de una persona a otra, necesitamos su ayuda para prevenir casos de influenza entre estudiantes y personal de la escuela. Es importante que todos los estudiantes, familias y personal tomen las siguientes precauciones en este momento:

- Seguir de cerca la salud de su hijo y de todos los demás miembros del hogar, examinándolos **cada mañana en búsqueda de fiebre u otros síntomas de la gripe**. Los síntomas de la gripe tienden a incluir fiebre con tos o dolor de garganta, y a veces mucosidad, dolores corporales, dolor de cabeza, vómitos o diarrea.
- **Empleados y niños con síntomas de gripe deben quedarse en casa**. Mantener a los estudiantes enfermos en casa es el mejor modo de evitar el contagio de la gripe a otros estudiantes y personal. En la medida de lo posible, los niños enfermos deben recibir cuidado de sólo una persona designada, permanecer en una habitación separada del resto de la casa, y tener contacto limitado con otros miembros del hogar que no estén enfermos.
- La realización de pruebas para la detección de gripe y el tratamiento con medicamentos antivirales **NO** son necesarios para la mayoría de los niños de más de 2 años de edad que sufran una gripe leve con que **no** padezcan afecciones médicas subyacentes. Si su hijo está enfermo, anímelo a beber muchos líquidos claros para evitar que se deshidrate. No le dé a su hijo ningún medicamento que contenga aspirina. *Póngase en contacto con un proveedor de atención médica y procure atención médica **de inmediato** si su hijo tiene dificultad para respirar o dolor en el pecho, presenta un estado mental alterado, está vomitando y no puede retener líquidos, o si se está empeorando.*
- **Reconozca si su hijo o cualquier miembro del hogar tiene un alto riesgo de contraer enfermedades graves causadas por la gripe**. *Las personas con mayor riesgo de complicaciones de la gripe incluyen niños menores de 2 años, mujeres embarazadas, personas de cualquier edad que padezcan afecciones médicas crónicas (como el asma, diabetes, cáncer o enfermedades cardíacas) y personas de 65 años o más de edad.* Si alguna persona de **alto riesgo** o los miembros de su hogar se enferman y presentan síntomas similares a los de la gripe, póngase en contacto con su médico **tan pronto como sea posible** para pedir que le aconseje sobre los medicamentos antivirales.
- **Recuérdle a todos los miembros del hogar que se laven bien sus manos** con agua y jabón o que utilicen desinfectante para manos frecuentemente. Siga enseñándole a los niños a cubrirse con su codo o manga al toser y a evitar tocarse la cara.
- **Haga que todos los miembros elegibles del hogar se vacunen** contra la gripe tan pronto como sea posible.

Actualmente las escuelas están pendientes de los porcentajes de ausentismo estudiantil. Las epidemias de influenza se evolucionan de forma no predecible. Por favor tenga en cuenta que si la situación se pone más severa, la escuela le notificará si hay pasos adicionales que la escuela tomará para prevenir el contagio de la influenza.

Hay más información disponible sobre cómo cuidar a un niño enfermo en: <http://www.cdc.gov/flu/homecare/>. Para mayores informes sobre la gripe, llame al 1-800-CDC-INFO o visite el <http://www.cdc.gov/flu/>. Gracias.