

Nelsonville-York City Schools

As Flu Season continues, we are starting to see positive cases within the school. It is imperative that you let the office secretaries know if your student has a positive flu test, and they will make the nurse aware. The nurse will then contact the parent/guardian to ask specific questions related to the flu. We want to do our very best to keep students healthy!

In addition to receiving the flu vaccine, here are a few tips to help stop the spread of germs and prevent illnesses such as the flu:

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

Keep your student home if they are sick. This will help prevent spreading the illness to others. If your student has a fever, vomiting or diarrhea, please keep them home for **at least 24 hours** after the last episode. Please do not medicate your student and then send them to school, they are still contagious if they need medication to reduce their fever or prevent vomiting and diarrhea.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.

Please contact the school nurse with any questions or concerns!

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