

# Lebanon Community Unit School District #9

200 W. Schuetz Street—Lebanon, Illinois 62254

Tel.: 618-537-4611

Summerfield Grade School  
618-934-3441

Lebanon High School  
618-537-4423

Lebanon Elem. & Jr. High  
618-537-4553

Dear Parents/Guardians,

As you may know flu is spreading easily from person to person and school-age children are among the groups most affected. We are taking steps to prevent the spread of flu in our school. Currently, flu conditions in our area are on the rise.

## **Here are a few things you can do to help since flu conditions are now more severe.**

- \* **Teach your children to wash their hands** often with soap and water. You can set a good example by doing so yourself.
- \* **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If they don't have a tissue, they should cough or sneeze into their upper sleeve, not their hands.
- \* **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may also vomit or have diarrhea.
- \* **Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away.
- \* **If a household member is sick, keep school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for a fever and other symptoms of the flu.
- \* **Don't send children to school if they are sick!** Any children who are sick at school will be sent home. Staying home when sick will allow your child to rest and allows you to monitor their health closely. **Keeping your sick child home is the responsible thing to do!** It protects fellow students and school staff, especially those who are at higher risk of severe illness from the flu.

Sincerely,

Linda Trame, School Nurse

