

October 13, 2009

Dear Parents and Guardians,

Over the past several days, Ralph Moody Elementary has been experiencing an unusually high level of absence due to illness. We are asking for your help in making sure that our students are healthy when they attend school and that they stay home when they are sick. I urge you to develop a plan should your child become ill and need to be kept home from school.

Tri County Health and CDC urge parents to keep children home if they have symptoms of influenza-like symptoms such as a fever, cough and/or sore throat. Children should be kept at home for at least 24 hours after their fever is gone without fever reducing medications. A fever is defined as 100 degrees F. If your child comes to school with these symptoms or develops these symptoms while at school, he or she will be sent home.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as the mall, activities with other students or adults, or sporting events—where other people would be exposed to flu germs. It is also important to teach your child how to reduce their risk of getting the flu and protect others from infection. Please be sure your child knows to:

- **Clean hands frequently.** Washing with soap and water for at least 20 seconds is ideal.
- **Use hand sanitizer** if hand washing facilities are unavailable. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol.
- **Cover coughs and sneezes** with tissues or by coughing into the inside of the elbow. Cough or sneeze into your sleeve, not your hands!
- **Learn these healthy habits** by setting a good example and always doing them yourself.

Thank you for supporting our efforts here at school in keeping our students and staff healthy by following the above guidelines.

Sincerely,



Doug Andrews
Principal