

Tips to Help Prevent the Spread of Influenza and Other Illnesses within the School Setting

February 26, 2020

District 64 has noticed an increase in the number of influenza-type and other viral illnesses during the past several weeks and we are monitoring cases closely. Cleaning protocols have been adjusted within school buildings, in response to this increase. In addition, frequent handwashing and proper cough/sneeze etiquette are regularly reinforced with our students and staff.

In order to help keep your child healthy and to prevent the spread of illness in the school setting, please adhere to the following guidelines:

- Please keep your child home if she or he feels unwell (fatigue, discomfort), has a fever (100 or higher orally), or exhibits signs of illness such as significant congestion, sneezing, or coughing.
- Consider keeping your child home if his/her body temperature is only slightly elevated (99.0-99.9 degrees) in the morning, especially with concurrent illness symptoms. Body temperature is lower early in the day, rising as the day progresses. Often times students with slightly elevated morning temperatures have fevers several hours later.
- Remember that students need to be fever-free for 24 hours, without the use of fever-reducing medication such as ibuprofen or acetaminophen before their return to school.
- Please share details about your child's illness when reporting the absence. This allows us to more accurately track types of illness within the school setting.
- Have your child remain home for an adequate amount of time following illness. This allows your child to recuperate completely, and will minimize the spread of illness to others.
- Reinforce proper handwashing and cough/sneeze etiquette with your child.

Please visit the [Centers for Disease Control](#) for information about influenza, including prevention tips that you also may find helpful at home.