

FLU PREVENTION GUIDELINES

As I am sure you have heard, the CDC has published new guidelines for prevention of the flu. Preventing a flu outbreak is a priority here at NDA. I wanted to let you know what we are doing to help prevent the flu and what I also need all of our parents and staff to do. We need to work on this together for these recommendations to be effective.

Our general policies regarding illness will continue to be implemented and are listed below. The only new policy is asking students that have been absent for medical reasons to report to the clinic for clearance prior to returning to class. If the severity of flu increases from last year, further precautions will take place. At this point, we need to do the following:

- Stay home when sick – Any child or staff member with a temperature of 100.4 degrees or higher will be isolated until they can go home. If flu symptoms are present, they may be asked to wear a mask. Those with flu-like illness must stay home for at least 24 hours after they no longer have a fever or signs of a fever **without the use of fever-reducing medications such as Tylenol or Advil.** We will ask the homeroom teachers to send any child that has been absent to the clinic for clearance before returning to class.
- Hand hygiene and respiratory etiquette – Students will be encouraged to wash hands at every possible opportunity. Most students visit the restroom at least three times a day, and they will be asked to wash their hands on each visit. Hand sanitizer is available in all classrooms at the Elementary & Middle School, and sinks are in each classroom at the Early Years Campus. Students will also be asked to wash hands or use sanitizer after coughing or sneezing. Ample amounts of tissue will be available for use.
- Routine cleaning – School staff will routinely clean areas that students and staff touch often with the cleaners they typically use. Students will be asked to use disinfectant wipes on desk surfaces at least once daily.
- Early treatment of high-risk students and staff – People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk, because it can prevent hospitalizations and deaths. CDC recommends that schools encourage ill staff and parents of ill students at higher risk of complications from influenza to seek early treatment.

I will monitor the absentee rate daily and if our absentee rate increases, we will implement further precautions including, but not limited to “social distancing” and active screening for illness. If you have any questions, feel free to e-mail me at jbamford@ndacademy.org. Please be aware that I monitor the CDC Website and the East Metro Health District site frequently. I am also a member of the Georgia School Nurses Association and the Atlanta Area Independent School Nurses e-mail distribution lists, from which I receive frequent updates.

Thank you in advance for your help in preventing illness in our school.

Sincerely,

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