

PLEASANTON INDEPENDENT SCHOOL DISTRICT

Influenza

Pleasanton Independent School District is concerned about everyone's health. We are working closely with the Department of State Health Services and will follow all recommendations from DSHS and the Centers for Disease Control and Prevention in order to limit the spread of the flu virus. The custodial staff will be cleaning tabletops, doorknobs, chairs and other surfaces routinely. Hand sanitizer will be available for students to use with supervision.

Although attendance at school is important, any student or staff with temperature over 100 degrees, with sore throat, cough or other flu-like symptoms, should not attend school.

If symptoms are tolerable and not worsening, sick persons can be cared for at home. Encourage ill children to get plenty of rest and to drink clear fluids (such as water, broth, sports drinks) to keep from being dehydrated. Children 5 years of age and older and teenagers with the flu can take medicines without aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve fever and pain. Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. Importantly, these medications can help your child feel better, but will not cure the illness. Check with your healthcare provider or pharmacist for correct, safe use of medications

Sick persons should check with their health care provider about any special care they might need if they have a health condition such as diabetes, asthma, or impaired immune system. Persons at high risk for complications may benefit from antiviral or antibiotic medicines that must be prescribed by a doctor.

Please keep sick persons away from others as much as possible to keep from making others sick. Family members and caregivers who are at high risk of complications (including pregnant women, persons under age 5 or over age 65, persons with chronic respiratory problems or impaired immune system) should avoid close contact with sick children whenever possible.

Your entire family should do the following to prevent the spread of illness;

- Cover coughs and sneezes. It is best to turn your head and cough into your upper shirtsleeve or into the bend of your arm. Try not to cough directly on your hands.
- Clean hands often -- especially after using tissues and after coughing or sneezing into hands. Soap & water is best. Alcohol-based hand sanitizer may be used when soap and water aren't available.

Seek medical attention immediately if your child:

- has difficulty breathing or chest pain
- has purple or blue discoloration of the lips
- is vomiting and unable to keep liquids down
- has signs of dehydration such as dizziness when standing or absence of urination
- has seizures (for example, uncontrolled convulsions)
- is less responsive than normal or becomes confused

Your child should stay home for at least 24 hours after fever is gone, except to seek medical care or for other necessities. Fever must be gone without the use of a fever-reducing medicine. Please do not send your child back to school if he or she is fatigued or unable to tolerate food or drink. A school nurse must assess your child before he or she will be allowed to return to the classroom, however, a doctor's note is not required for your child to return to school.

For more information, visit <http://www.texasflu.org>.

It is the policy of the Pleasanton Independent School District not to discriminate on the basis of sex, handicap, race, color, age, or national origin and to take steps to assure that the lack of English language skills will not be a barrier in its educational and career and technology programs, services, activities or employment as required by Title IX, Section 504 and Title VI.