January 31, 2019

Dear School Staff and Parents:

The health and safety of all students and staff is a top priority in Dallas ISD. As some of you may be aware, Dallas County Department of Health and Human Services (DCHHS) has recently reported an increase in flu cases in Dallas County. Because this illness can spread easily from person to person, we’d like to share a few recommendations to help prevent cases of flu in your family.

- Monitor your family’s health closely by checking for fever and other flu symptoms every morning. Symptoms of flu usually include fever with cough or sore throat, and sometimes runny nose, body aches, headache, vomiting or diarrhea.

- It is recommended that anyone with symptoms of the flu see a doctor immediately and stay at home. Staying at home is the best way to keep flu from spreading to other children and staff. As much as possible, sick children should be cared for by a single designated caregiver, kept in a separate room in the house and have limited contact with other household members who are not sick. Children with flu symptoms should not return to school until they no longer have fever for at least 24 hours without the use of fever-reducing medications. A doctor’s note is NOT required in order for your child to return to school. Please notify the school if your child is absent by 10 am on the day of absence.

- Remind all household members to wash their hands thoroughly with soap and water, or use hand sanitizer regularly. Continue to teach children to cover their cough with their elbow or sleeve, and to avoid touching their face.

Dallas County health officials recommend the following additional precautions:

- Recognize whether you, your child or any household member is at high risk for severe illness from flu. People at higher risk for flu complications include children under the age of 2 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, cancer or heart disease), and people age 65 years and older. If any high risk person or their household members become sick with flu-like symptoms, please contact your doctor as soon as possible to ask for advice about antiviral medications.

- Have all eligible household members vaccinated for influenza as soon as possible.

School administrators will remain vigilant of flu-like symptoms among students and staff during this flu season, and will take additional housekeeping measures as a precaution.

For more information about flu, call 1-800-CDC-INFO or visit http://www.cdc.gov/flu/. Dallas County influenza resources and updates are available at: www.dallascounty.org.

Sincerely,

Dallas ISD Director of Health Services