

St. Charles School Flu Avoidance Campaign

As you are aware the school is implementing many procedures related to flu avoidance. Parents can help create an environment of preparedness by doing the following:

- **Seasonal Flu Shot(s):** It is so very important for your children to receive Seasonal Flu shots. If you have not already done so, please have your children vaccinated with the seasonal flu vaccine immediately. The seasonal vaccine will very much stimulate the overall immunity for the upcoming flu season.

Ages 6 months – 10 years require 2 seasonal flu shots, you need to wait 3-4 weeks after the 1st shot before getting the 2nd. Also, you will need to wait 3-4 weeks after seasonal flu vaccine before getting the H1N1 vaccine.

- **H1N1 Shots:** You are strongly encouraged to have your children vaccinated for H1N1 when the vaccines become available in mid-October.
- **Cardinal Signs of the Flu:** If your child develops a **Fever ≥ 100 with a sore throat and/or cough** stay home! Please have your child stay home until afebrile, 24 hours with no fever and no fever medications. Children will not be allowed to return to school until this condition is met.

Children who get sick at school and show the “cardinal signs of the flu” will be sent home immediately and not be allowed to return until afebrile.

- **When calling your child in sick please leave the following information: date of onset, symptoms.** Expect your child to be out of school at least 3-5 days for flu symptoms.

