



Dear Parents,

At this time of year, it is very important to try to stop the spread of illness due to viruses. This flu season has seen widespread flu outbreaks in most states, including South Carolina. We have already had several students, families and teachers who have been diagnosed with the flu or flu-like viruses.

Flu symptoms include:

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

You and your children should follow these easy steps to help protect yourselves from colds and flu (as well as many other contagious diseases):

- Wash hands often with warm water and soap and for at least 15 seconds, especially before eating and after using the bathroom. Alcohol-based hand sanitizer is recommended if soap and water are not available.
- Cough into a shirt sleeve or use tissue to cover coughs and sneezes. Wash hands after wiping noses.
- Keep hands away from your face, nose and eyes.
- Do not share food, drinks, cups or eating utensils.
- Do not touch the spout of the water fountain when drinking.
- Get plenty of sleep, exercise regularly and eat healthy foods.

**The BEST thing you can do is to keep children home when they are sick. This will help stop the spread of illness to other children and teachers. Children need to be symptom-free for at least 24 hours, without the use of fever-reducing medications (Tylenol or Ibuprofen), before returning to school.**

If you are called to pick up a sick child at school, please come quickly.

If you know your child has been exposed to someone diagnosed with the influenza virus, then call your doctor immediately to determine if medicine might shorten the illness.

Thank you for your help in this very important matter. If you have any questions, then you may call or email your School Nurse anytime. For more information about the flu, go to [www.flu.gov](http://www.flu.gov).

Warm Regards,  
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Bridges Preparatory School