



## Whitefish School District 44

600 EAST SECOND STREET, WHITEFISH, MT 59937

DISTRICT OFFICE • (406) 862-8640

Dear Parent/Guardian:

As you may know, flu season is already upon us. Before school begins, this is a good time to be reminded how easily flu can be spread from person to person and the importance of simple precautionary measures. Therefore, we are taking steps to reduce the spread of the flu in Whitefish School District by working with the Montana Department of Public Health and Human Services and the Flathead City-County Health Department to monitor all cases of flu. However, we need your help to keep our students and your child healthy.

Here are a few things you can do at home to help during the flu season:

- Teach your child(ren) to wash their hands often with soap and water or an alcohol-based hand rub. This is a good practice for all of us.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissue. Cover coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may also vomit or have diarrhea.
- Keep sick children at home for a least 24 hours after they no longer have a fever or do not have signs of fever, without using fever-reducing drugs (which may be up to 5 to 7 days). Keeping children with a fever at home will reduce the number of people who may get infected.
- *Please, do not send children to school if they are sick. Parents of any children who are determined to be sick while at school will be called and asked to pick up their child.*

If and when the number of flu cases increase, we may take additional step to prevent the spread of flu by:

- Increasing our active fever and flu symptom screening of both students and staff as they arrive at school.
- Using Classroom prevention techniques by increasing the space between people, desks and student contacts such as group work and field trips.
- Dismissing students from school for at least 5 to 7 days if they become sick with the flu.

For more information about flu, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For additional information about flu in our community and what our school is doing, visit [wfps.k12.mt.us](http://wfps.k12.mt.us) or [www.flatheadhealth.org](http://www.flatheadhealth.org) or call (406) 751-8101. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Thank you for working with us to protect the safety and health for each of our students and staff!

Sincerely,

Jerry House, Superintendent

Terri Dunn, School Nurse