



This letter is to inform you that we are continuing to experience a heightened risk for flu outbreak, to address any concerns you may have, and to provide helpful tips for preventing flu infections from spreading.

At this time, we are advising families to continue to come to school, as long as students are not sick or do not have symptoms of influenza-like illness. Symptoms may include fever (over 100 degrees F.) and cough or sore throat, runny nose, muscle pain and fatigue. If you suspect your child is getting the flu, it is essential that he/she not attend school or go to childcare facilities, public venues or sporting events where other people could be exposed to influenza. Also, it is important to teach your children the following ways to reduce their risk of becoming infected:

- Wash hands often, ideally with soap and hot water for at least 20 seconds.
- Hand-sanitizer, including gels, rubs and hand wipes, work well as long as they contain at least 60% alcohol. Always read and follow label instructions when using hand sanitizer.
- Keep hands away from the face and avoid touching the mouth, nose or eyes.
- Use tissues for coughs and sneezes or cough into the inside of the elbow. Do not cough into hands!
- Children learn best by example. Be a positive influence by modeling these behaviors yourself.

If we all practice good hygiene, health officials believe we can limit the spread of the influenza virus. Custodial staff will continue to sanitize classrooms, common areas, and buses regularly. We are consulting with local health officials regarding best cleaning practices.

**Influenza (Flu) Information**  
**Ada City Schools Guidelines and Procedures for Returning to School**

The following will be the policy of the Ada City School District for any student, teacher, or staff member who exhibits a flu-like illness or is diagnosed or tests positive for influenza (Flu).

- The student, teacher, or staff member WILL NOT be allowed to attend school or school activities for a minimum of 48 hours from the time of such diagnosis or positive test result. If a doctor's note calls for more than a 48 hour exclusion from school, then the doctor's note will take precedence.
- If a fever is present past the 48 hour minimum time frame, then the student, teacher, or staff member must remain out of school for an additional 24 hours after he/she no longer has a fever or signs of a fever (chills, feeling very warm, flushed appearance, or sweating). Fever must not be present without the use of fever-reducing medicine.
- The same holds true if other symptoms exist such as diarrhea, vomiting, or a rash. If these symptoms are present they should be excluded from school for at least 24 hours after the symptoms are gone without the use of medicine.

We will inform families immediately if the situation changes and it becomes necessary to close school.

Thank you,  
Mike Anderson, Superintendent