

Hello AKCS Community,

We have some reminders from the Health Office and information regarding Health/Wellness.

Please take time to read and follow these guidelines in order to reduce the spread of germs and keep our students and staff healthy!!! If your child is sick, please call the school to excuse his/her absence for the day.

### **What are symptoms of the flu?**

- ☑ In general flu symptoms are more severe than the common cold
- ☑ 100.0 or higher temperature (not everyone has a fever)
- ☑ Cough and/or sore throat
- ☑ Runny or stuffy nose
- ☑ Headache and/or Body ache
- ☑ Chills
- ☑ Fatigue
- ☑ Nausea/vomiting and/or diarrhea



### **What you can do:**

- ☑ Get Vaccinated
- ☑ Cover nose and mouth when sneezing and coughing
- ☑ Wash hands with soap and water or use alcohol-based hand sanitizers frequently
- ☑ Practice Healthy Habits with exercise, diet and sleep
- ☑ Keep hands away from your eyes, nose, and mouth to keep flu germs from entering your body
- ☑ Avoid sharing objects as much as possible.
- ☑ Ask your child's teacher if they are in need of supplies to help reduce the spread of the flu (tissue, hand sanitizer, Clorox wipes)
- ☑ **If you have flu symptoms do not come to school and/or visit public areas**
- ☑ **Do not return to school unless you are free from fever for 24 hours without fever-reducing medication and/or your medical provider has said you can return to school. (Health Office Policy)**
- ☑ **Do not return to school unless you have been free from diarrhea &/or vomiting for 24 hours with or without a fever. (Health Office Policy)**
- ☑ Contact your Medical Provider if you have any concerns regarding symptoms that you or your student are having.

We look forward to a Healthy & Happy rest of the School Year!

AKCS Health Office,

Jennifer Dennison RN, BSN

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