



As we are hearing frequently on the news, we are well into the flu season. “The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.” [cdc.gov](https://www.cdc.gov)

It's important to be mindful of the fact that we have the ability to help prevent it from spreading both at home and school. Hand washing frequently with soap and water is the most effective way to prevent the spread of illness. While the use of hand sanitizers is helpful and has become commonplace, it does not replace thorough, frequent hand washing. Other things like using a tissue to wipe or blow our nose, cough/sneeze into our elbow, and not sharing personal items (like Chap Stick/lip balm) or drinks are also important in our defense against spreading germs.

To further combat the spread of flu in the school, we are asking you to **please keep sick children at home and know that any child displaying flu-like symptoms at school will be sent home. No child should return to school until his/her temperature has returned to normal (below 100°) for 24 hours without the use of fever reducing medications such as Tylenol or Ibuprofen.** I've listed the signs and symptoms of the flu below. Please refer to the CDC website for further information.

In response, Sanger ISD has taken a proactive approach in deep cleaning each campus and maintaining close watch, attending to areas more heavily affected. In addition to the normal cleaning routine, our Environmental Services Department is using disinfectant foggers and an Electro Static Sprayer that charges disinfectant particles and kills germs in minutes. Each campus was treated with both disinfectant fogger and sprayed with the Electro Static Sprayer the week prior to winter break and each week since the return to school in January.

People who have the flu often feel some or all of these signs and symptoms which usually start **suddenly**, not gradually:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults

It is important to note that not everyone with flu will have a fever. We are here to help in any way we can with further information, services, or referrals.

<https://www.cdc.gov/flu/keyfacts.htm>  
<https://dentoncounty.com/health>

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