WIN-E-MAC SCHOOL DISTRICT
RANDY BRUER, SUPERINTENDENT
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December 2, 2022

Dear Win-E-Mac School District Families,

As you know, flu (influenza) season is upon us. We are seeing cases earlier than last year and cases are rising quickly. There have been confirmed Influenza cases in our district, and it is important that we work together to keep our children healthy. Please take some time to wash and disinfect hats, gloves, lunch bags/boxes and backpacks. Viruses and colds spread easily among children in schools. You can help prevent the spread of flu and cold by following a few simple steps:

➢ Remind your child to cover his/her nose and mouth with a tissue when coughing or sneezing and dispose of the tissue immediately. Teach them to cough or sneeze into the bend of their elbow or to cough down into the front of their own shirt to help keep as many germs as possible off their hands.
➢ Have your child wash his/her hands frequently with soap and warm water for at least 20 seconds.
➢ Use hand sanitizer if soap and water is not available. Always follow with soap and water as soon as it is available.
➢ Disinfect frequently touched surfaces and shared items at least once daily.
➢ Teach your child not to touch his/her mouth, nose, and eyes.
➢ If possible, you and your child should get a flu shot to help prevent infection with the flu.

Your child should stay home from school if they are experiencing any of the following flu or cold symptoms:

➢ Fever (over 100 degrees)
➢ Headache
➢ Fatigue
➢ Cough
➢ Sore throat
➢ Body aches

Your child may return to school after his/her temperature has been consistently below 100 degrees for 24 hours (without the use of fever reducing medication such as Tylenol/Motrin) and they have been free of vomiting or diarrhea for 24 hours.

If you have any questions, please feel free to call the school.

Sincerely,

Amy Van Den Einde, RN, PHN
Licensed School Nurse, Win-E-Mac

Heidi Strom and Ashley Solie
Health Aides