

Memorandum

To: Parents of Mannford Public School Students

From: Dr. Emet W. Callaway, Superintendent

Date: 9/11/2009

Re: Flu Illnesses

In an effort to help prevent the spread of flu, I urge you to keep sick children at home and do not send them to school. We have been told that children who are sick with flu-like symptoms can be “super spreaders” of influenza viruses and contribute to many more children and adults becoming ill. Staying home when sick stops the spread of flu and helps the sick child get well.

In particular, children should stay home if they have fever and cough or sore throat, runny or stuffy nose, body aches, vomiting or diarrhea. Parents should not send their child back to school until the child’s fever is gone for at least 24 hours without the use of fever-lowering medicines.

Parents can help prevent the spread of viruses by teaching their children to:

- Avoid close contact with people who are sick.
- Cover coughs and sneezes with the crook of the elbow or tissue.
- Wash hands often with soap and water, or hand sanitizer if soap and water are not available.
- Avoid touching the eyes, nose, or mouth, which can spread germs.

In addition, Parents should also make sure their child gets a flu shot when it is available.

For more information about flu, contact the Creek County Health Department at 224-5531, or visit these websites: <http://h1n1.health.ok.gov>. or www.flu.gov.