

Flu Information

With the outbreak of the flu in other countries and various parts of our country and state, Obion County school nurses will closely monitor symptoms of students to reduce the risk to all students. Below is some helpful information.

What are the symptoms?

Sore throat, headache, chills, muscle aches, congestion, cough, runny nose, or difficulty breathing with a fever. Possible vomiting and diarrhea may occur.

Aren't these symptoms similar to other illnesses?

Yes. However, at this time, we are being cautious and recommending students do not come to school with these symptoms.

What will happen if my child has these symptoms and he comes to school?

If students come to school with these symptoms or develop these symptoms while at school, parents will be notified and students will need to go home for the day. Students may return to school the next day if the signs/symptoms they are sent home with have subsided and the student is without any complaints of discomfort. Students must be fever-free 24 hours without any medication before they return to school or any school-related activity.

What can families do to reduce the risk of contracting the flu?

We urge every family to take precautions regarding the flu. There are three things you should do to reduce your risks.

1. Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away after away after you use it. Or, sneeze or cough into your elbow.
2. Wash your hands with soap and water, especially after you cough or sneeze. If you are not near water, use an instant hand sanitizer and rub it in for at least 20 seconds.
3. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too. If you get the flu, stay home.

Is there a place to learn more information?

Yes. For further information, you can visit the Center for Disease Control and Prevention website at <http://www.cdc.gov/swineflu/>.

Please take a look at these relevant links as well...

<http://health.state.tn.us/swineflu.htm>

<http://www.tennessee.gov/education/learningsupport/schsafetyctr/PandemicFluPreparedness1.shtml> <http://www.cdc.gov/flu/school/index.htm>

<http://www.cdc.gov/swineflu/guidance>