

# HEALTH WATCH

**MCS**

## **COLD AND FLU: A GUIDE FOR PARENTS**



**Murfreesboro City Schools appreciates your support in providing a safe and healthy learning environment for students.**

### **COLD AND FLU PREVENTION TIPS**

- Wash hands often with soap and warm water, for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with others who are sick.
- Cover coughs and sneezes.
- Get vaccinated for the FLU.
- Stay home when you are sick.
- If necessary, contact your doctor.



### **WHEN TO KEEP YOUR CHILD AT HOME**

A parent's decision to keep a child home when he or she is sick can sometimes be a difficult one. No parent wants to interrupt their child's learning. However, if he or she has a serious illness such as flu, it is important for the child to stay home from school. To help aid in your decision, the informational sheet "Is It a Cold or the Flu?" is available from your child's teacher, school nurse or online at [www.cityschools.net](http://www.cityschools.net).

### **WHEN YOUR CHILD CAN RETURN TO SCHOOL**

Your child may return to school if he or she is fever free for 24 hours without the aid of fever reducing medication and is not vomiting. Please remember to follow your doctor's recommendations for the care of your child.