



DATE \_\_\_\_\_

Dear Parents/Guardians:

As you know, we are currently in flu and cold season. We have had multiple cases of flu-like illness on campus as well as multiple confirmed cases of flu. Prevention is the #1 Cure for Flu! There are some simple things that we all can do to help prevent the flu.

**REMEMBER:**

Kill germs by washing our hands frequently

It is very important to have good hygiene habits

Do not share food or drinks with others

Eat healthy foods to build our body's immune system

If your student exhibits signs/symptoms of potential flu-like illness, you are encouraged to keep them home until symptom-free for 24 hours

To help you be aware of the differences in the cold and flu, we have included a list of symptoms on the back of this notice. If your child develops any of these flu symptoms, please call your doctor immediately. Another key to minimizing the effects of flu is early treatment. Your doctor may prescribe medication to help shorten the course of the illness and lessen the severity of symptoms.

**\*PLEASE REMEMBER if your child is running fever, they are NOT allowed to return to school until fever free for 24 hours without fever-reducing medication, such as Tylenol and/or Advil.\***

**Additionally, if your child is diagnosed with COVID, the COVID questionnaire will need to be completed on the Willis ISD website. The link is found under 'Students and Families' then COVID reporting. Once the form is completed, your campus nurse will be in touch with you on back-to-school procedures.**

If you have any questions, please feel free to call the school nurse on your campus.

Sincerely,

Hailey Dobraski, RN, BSN  
Director of Nursing, Willis ISD



## **Is it a Cold or the Flu?**

<b>Signs or Symptoms</b>	<b>Influenza</b>	<b>Cold</b>
Symptom Onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly Common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy Nose	Sometimes	Common
Sore Throat	Sometimes	Common
Chest discomfort, cough	Common: can be severe	Mild to moderate
Headache	Common	Rare

Flu Symptoms can be mild or severe, and can come on suddenly-be sure you know your flu treatment options so you can be prepared. Symptoms generally appear 1 to 4 days after exposure to the virus.

If you have one or more of these symptoms, it could be the flu.

Prescription antivirals can shorten the duration of the flu if taken within 12-48 hours of first symptoms, so act fast.