



Laney High School
A Tradition of Excellence
2700 North College Road
Wilmington, NC 28405
(910) 350-2089

Dear Parent,

As you may know, flu can be easily spread from person to person. In an effort to reduce the spread of flu in New Hanover County Schools, and keep schools open to students and functioning in a normal manner, **we are going to need your help.**

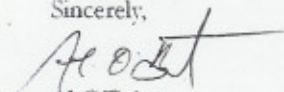
We are working closely with the New Hanover County Health Department to monitor flu conditions and make decisions about best steps to take concerning schools. We will keep you updated with new information as it becomes available.

We are doing everything we can to keep our schools functioning as usual. Here are a few things that you can do to help:

- **Teach your children to wash their hands often** with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach them to cover their coughs and sneezes** with tissues. They can cough or sneeze into a sleeve, elbow or arm when a tissue is not available. Wash hands after coughing or sneezing into a tissue. Teach your children not to share personal items like drinks, food, or unwashed utensils.
- **Know the signs and symptoms of the flu:** fever (100° Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **If your child has flu-like symptoms**, the school nurse will provide a mask for them to wear until they are picked up by a parent/guardian (the student will **NOT** be sent back to class).
- **Keep sick children at home for at least 24 hours after they no longer have a fever, without using fever-reducing medications.** Doing this will reduce the number of people who may get infected.
- **When the child returns to school, the school nurse, or their designee, will assess them before they are re-admitted to class.**
- **Children with underlying respiratory conditions, or chronic health issues, are encouraged to contact their medical provider at the first signs of illness.**
- **All children should be vaccinated early.**

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about the flu in our community and what your child's school is doing, visit the NHCS website at www.nhcs.net or call your child's school. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,


Al O'Briant
Principal