



VIRGINIA BEACH CITY PUBLIC SCHOOLS

A H E A D O F T H E C U R V E

School Year 2009-2010

Dear Parent/Guardian:

Today, your child was evaluated by the school nurse, and has the following signs & symptoms (checked below) of flu-like illness:

Fever ___ Cough ___ Sore Throat ___ Headache ___

Chills ___ Fatigue ___ Body Aches ___ Other _____

Your child may have had to wear a paper surgical mask while in the clinic; if they could not be distanced from well students coming into the clinic for treatments and medications.

Consult your health provider if your child has a chronic health condition (e.g. asthma, diabetes, lung or heart disease, etc.).

Protect well family members from the flu by doing the following: a) Sneeze and cough into a tissue or sleeve (if tissue not available), b) Practice good hand washing, and c) Clean frequent hand contact areas with cleaning solutions that are usually used in these areas.

Your child should not return to school until they no longer have signs of illness and are fever-free for 24 hours (without the use of fever reducing medicine). A fever is a temperature equal or greater than 100 degrees Fahrenheit.

When your child returns to school, they will be evaluated by the school nurse to ensure that they have recovered from their illness. If your child still has signs & symptoms of flu-like illness you will be contacted to pick them up from school.

Important flu information and updates can be found on the www.vbschools.com website.

Sincerely,

Sally S. Berry, RN

School Nurse

Contact phone # 648-3487

K. B. ...

Principal
