



Coweta County School System

Coweta Committed to Student Success

December 13, 2019

Dear Parents,

Flu is currently widespread in Georgia, with weeks of activity likely to come. The Coweta County School System needs families' assistance and cooperation in keeping the student body healthy during this season. Keeping children germ-free is a near-impossible feat any time of year, but an active flu season makes this task even more important. Because their immune systems are still developing, children under age five are especially susceptible to severe flu complications.

As flu cases increase throughout the state, the Georgia Department of Public Health encourages schools to take proactive steps to help keep children, faculty and staff members healthy. Recognizing the signs and symptoms of the flu is the first step in slowing its spread in schools. According to the Georgia Department of Public Health, influenza (also known as flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness. The flu is different from a cold. The flu comes on suddenly. People who have the flu can often feel some or all of these symptoms:

- Fever (although not everyone with flu has a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Chills
- Tiredness
- Sometimes diarrhea and vomiting

When dealing with flu, the best protection is prevention. Some simple steps can help with this.

- **Encourage students, parents and staff members to get a yearly flu vaccine.** The single best way to protect against the flu is to get vaccinated each flu season. If influenza is circulating, it is a good time to get vaccinated!
- **Encourage students, parents, and staff members to take everyday preventive actions to stop the spread of germs.** Cover your nose and mouth with a tissue when you cough or sneeze; or cough or sneeze into the crook of your elbow. Wash your hands often with soap and water. Avoid touching your eyes, nose or mouth. Avoid close contact with sick people.
- **Clean and disinfect regularly and correctly during influenza season.** Clean and disinfect surfaces and objects that are touched often.
- **Report outbreaks (unusual or increased absences due to respiratory illness) to your local public health officials.**

Students and staff members should always stay home if they are ill. Those who have flu-like symptoms should stay home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicine.

For more information on flu visit dph.georgia.gov/influenza or cdc.gov/flu.