



Carlisle Local Schools

230 Jamaica Road, Carlisle, Ohio 45005 * 937-746-0710

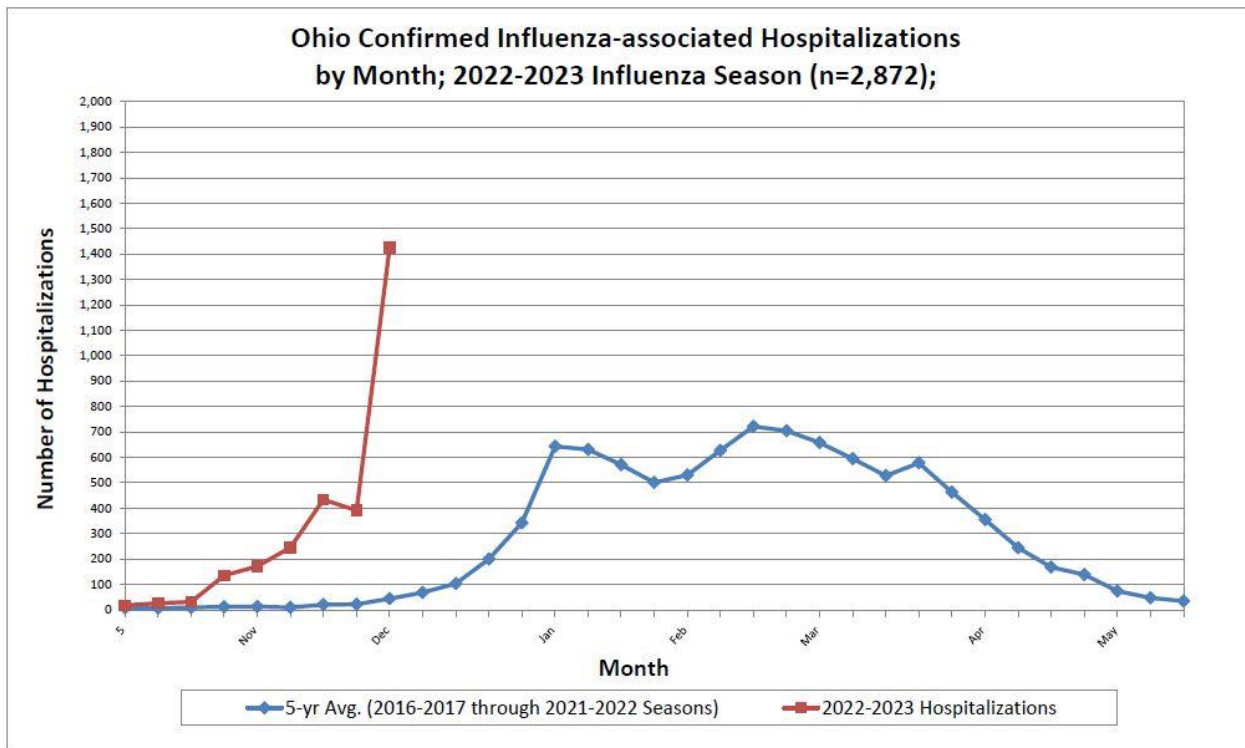
David S. Vail, Ph.D., Superintendent

Daniel L. Bassler, Treasurer

December 9th, 2022

Parents & Guardians:

Influenza season has arrived, and a high incidence rate has been reported in the area. Ohio department of health is reporting we are currently seeing the highest Influenza rate in the last decade and Influenza-associated hospitalizations are on the rise. Influenza is spread by droplets when people with the flu cough, sneeze or talk. <https://odh.ohio.gov/know-our-programs/seasonal-influenza/prevent-the-flu>. Please be mindful of the illness policy and keep your students at home when they are feeling ill. Please see tips on how to stay healthy this flu season! We appreciate your help in keeping our students and staff healthy!



Influenza Prevention Strategies:

- Flu Vaccines annually
- Avoid touching mouth, nose, and eyes
- Handwashing-using soap and water, scrubbing hands for 20 seconds
- Cover your cough-use a tissue or sleeve to cover mouth and nose when coughing or sneezing
- Health habits-balanced diet, exercise, hydration are keys to prevent illness.

Your child is too sick to go to school and should remain home if any of these symptoms are present:

- *Has a temperature of 100 degrees or above. When your child has been fever-free for 24 hours (WITHOUT FEVER-REDUCING MEDICATION), is feeling better and has no other symptoms, he/she may return to school.*
- *Has pain from earache, headache, sore throat, or a recent injury that interferes with their daily activity.*
- *Has a cough that interferes with the child's daily routine.*
- *Has vomiting or diarrhea. (Must be free of symptoms for 24 hours before returning)*
- *Has green or yellow drainage from the eyes.*
- *Has broken out in an unknown/contagious rash.*
- *Has a contagious disease such as chickenpox, strep throat, pinkeye, or COVID-19. (Must be on antibiotics for 24hours before returning)*

These will be the same symptoms that will determine if your child will be sent home from school. If your child is sent home from school with a fever, they should be **fever-free for 24 hours without fever reducing medication** before returning to school.

Thank you for helping keep our staff and students healthy this year!

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