



**Fairport Harbor Exempted Village School District**

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Dear Parent or Guardian:

The peak of the cold and flu season is upon us. To prevent widespread flu in school, we recommend that your child stay home from school if they are experiencing **flu or cold** symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

**Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:**

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

**Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:**

- Fever (greater than 100 degrees by mouth and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of the nose

**To help prevent the flu and other colds, teach your children good hygiene habits:**

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours, WITHOUT the use of a fever reducer. A child who has started antibiotics needs to be on the medication for 48 hours before considered non-contagious and able to return to school. Often when a child awakens with vague

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complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

By now you have likely heard news reports about cases of **coronavirus** (also called COVID-19 or 2019- nCoV). Most of these cases have been reported in China and other Eurasian countries, with a handful in the United States and *no cases reported in Ohio at this time.* Because of the media attention, and because your child's health and safety are our highest priority, we want to share some basic information about coronavirus and how the school district is prepared to address this flu-like illness should it become a concern here in Ohio.

Fairport Harbor Exempted Village School District maintains a close relationship with the Lake County Health Department and follows the directions of the CDC in the event of a viral outbreak. Additionally, a pandemic response is addressed in our Emergency Operations Plan. Should any cases of coronavirus occur locally, the school district will be notified right away. Likewise, if any concerns arise in our schools, we will share that information with the Health Department immediately. FHEVS actively decontaminates common surfaces on a daily basis. We are urging the community to practice basic hygiene, including avoiding touching eyes, nose, and mouth, washing hands regularly with warm water and soap for at least 20 seconds and cover coughs and sneezes and wash hands afterward.

Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,

The Administrative Staff