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# A GUIDE TO HELPING fight the **FLU**

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Dear KISD,

Unfortunately the flu season is upon us, and Killeen ISD wants to keep your children and the adults who care for them healthy and well.

To accomplish this objective we will:

- Encourage students and staff to wash their hands often.
- Classrooms will have hand sanitizer available for use upon arrival to classes.
- We will be making a concerted effort in cleaning all touch zones (door knobs, rails, and backs of chairs) in the schools as often as possible.
- We will be encouraging students to cover their coughs and sneezes. Cough or Sneeze into the elbow or sleeve or a tissue.

Parents please help by:

- Keep students home if they are ill.
- Don't send them back to school until fever free for 24 hours without a fever suppressing medication. (TAC Title 25, Part 1, Chapter 97, Subchapter A, Rule 97.7)
- Encourage students to cover their coughs and sneezes.

Influenza like illness (ILI) is defined as the sudden onset of respiratory symptoms with new cough AND with one or more of the following:

fever  
sore throat  
headache  
muscle aches  
joint pain  
weakness  
extreme fatigue

Influenza (flu) is defined as a contagious respiratory illness caused by the influenza viruses and includes one or more of the symptoms above, but also could include vomiting and diarrhea.

Together we can help have a positive impact in combating this year's flu virus. We appreciate your assistance and attention to this important matter and your proactive approach in helping us to keep everyone well.