



## Cumberland County Schools

CARRIE SUTTON, CHAIR  
LARRY L. LANCASTER, VICE CHAIR  
MICHAEL C. BOOSE  
ALICIA S. CHISOLM  
KIMBERLY P. FISHER

P.O. Box 2357  
Fayetteville, North Carolina 28302  
910-678-2300

MACKY HALL  
JAMES A. MCLAUCHLIN  
MARY EMILY ROYAL  
GREGORY E. WEST

DR. FRANK TILL  
SUPERINTENDENT

February 3, 2011

### MEMORANDUM

TO: Parents of Students in Grades K-12

FROM: Shirley Johnson,  
Coordinator, Healthful Living

THROUGH: Mary Black, Ed. D.  
Associate Superintendent, Student Support Services

SUBJECT: Flu Season

As you may know, the flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of the flu in school. ***Parents, we need your help to do this.***

Some children may not be able to verbalize their symptoms, which can result in a delay in responding to their illness, so it is important to watch carefully for the signs and symptoms of flu or unusual behavior that may be a sign of illness. Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, body aches, and fatigue. A fever is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, your child might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering. Prior to sending your child to school, review the below listed influenza-like symptoms and mark all that apply to your child.

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| 1. Nausea, vomiting, diarrhea and other Stomach/GI Symptoms | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Headache   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Fever (100° F) (37.8° C or greater)                      | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Sore Throat  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Cough  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Nasal congestion   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Runny nose   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

If you answered yes to number 1 and/or 3 allow your child to remain at home. It is also recommended that children who present multiple symptoms remain at home. No student shall return to school until they have been **fever free** for 24 hours without the use of fever-reducing medicine, even if they feel better. If you have questions about your child's health or symptoms, contact your child's primary healthcare provider.

Cc: Dr. Theresa Perry  
Natasha Scott  
School Support  
Jane Barnes  
John Gibbs  
Allison Violette  
School Nurses  
Active Screening Teams