



"Great Expectations for
Achievement, Respect, and Caring"

Lyncourt Union Free School District

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www.lyncourtschool.org

James J. Austin
Superintendent

Kimberly A. Davis
Principal

Cathryn L. Marchese
Business Administrator

Dear Parent/Guardian:

We are writing to alert you that there have been confirmed cases of Influenza (flu) here in the Lyncourt Union Free School District. The Onondaga County Health Department is closely monitoring the situation with us. If your child has been diagnosed with any of the flu viruses present, please contact your school nurse.

The following are a few situations that warrant watching and placing a call to your health care provider:

- Fever >100.1, although, it's important to note that not everyone with flu will have a fever.
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes diarrhea and vomiting

The following are signs of an emergency situation and should be considered as such:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

If you have any reason to suspect that your child may have influenza, please **DO NOT** send them to school until you have discussed the matter with your private physician. Be sure to ask your provider when it is safe for your child to return to school, both for your child's health and for the health of the rest of the students at school. Students are required to be fever free for 24 hours, without the use of any medication, before returning to school.

Finally, if you know your child is still running a fever of >100.1, it is not a good idea simply to give them Tylenol and send them to school. Once the medicine wears off, you are apt to get a call from the school nurse to come and pick up your child. It is better to let them stay home in bed with a fever and take their medications at home until they are off all medicines and ready to learn for a full day in a classroom. Remember, whenever you keep your child home from school, please call the school nurse or attendance office in advance of the start of the school day and leave a message that your child will be absent.

If you have any questions, you may call the Onondaga County Health Department at (315) 435-3236 and ask for a Communicable Disease Nurse. The office hours are 8:30 a.m.-4:00 p.m., Monday-Friday.

Sincerely,
Melanie Lowery, RN
School Nurse