

Date:

Dear Parent or Guardian:

Today, your child, _____, came to the health room with flu-like symptoms (fever, sore throat, or cough).

To protect your child's health and the health of the other students, please follow these recommendations:

- Keep this child, and any others who have symptoms, home until all symptoms are gone and he or she has no fever (less than 100°F without using fever-reducing medicine) for at least 24 hours.
- Make sure your child drinks plenty of fluids.
- Have your child get extra rest.
- Ask your healthcare provider or pharmacist about medications to reduce symptoms, such as acetaminophen to bring down the fever. NOTE: Do not give aspirin to a child for a cold or flu.
- Seek medical care from your healthcare provider or emergency medical assistance if your child has difficulty breathing or if the symptoms get worse.
- Call your child's medical provider if you have questions or other concerns.

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