



## Preventing Influenza and Keeping Our Students Healthy

The cold and flu season is here and the number of students who are staying home sick is growing. St. Francis Regional Medical Center is reporting a high number of children with positive influenza tests. Our own schools are seeing an increase in the number of absences due to sickness. Our school nurses ask that you keep your student home if they are sick or have a fever. Symptoms of the flu come on quickly and include a fever of 100 degrees or higher, a cough, sore throat, headache, extreme tiredness, nasal congestion, and body aches. Students who do stay home with a fever should not return to school until the student is fever free without fever reducing medication for 24 hours.

Shakopee Public Schools is dedicated to keeping our schools clean. Besides the general cleaning, custodians disinfect bathrooms daily and make sure our soap and hand sanitizers are full. But there are precautions you can take to keep you and your children healthy. According to the CDC, you should:

1. Take time to get a flu vaccine (everyone 6 months or older can get vaccinated)
2. Cover your cough.
3. Wash your hands with soap and water or hand sanitizers.

If you think your child is ill with the flu, contact your doctor or clinic for guidance. If you have questions about whether your child should stay home from school, you can call the health assistant or school nurse at your school.

Central Family Center	Sheri Anderson	952.496.5000
Eagle Creek Elementary	Mary Roerick	952.496.5924
Jackson Elementary	Ellyn Koenig	952.496.5804
Red Oak Elementary	Laurie Fendler	952.496.5954
Sun Path Elementary	Stacy Palya	952.496.5894
Sweeney Elementary	Samantha Sweeney	952.496.5834
Pearson 6 <sup>th</sup> Grade Center	Mary Jensen-Dodge	952.496.5864
West Junior High	Jean Stang	952.496.5754
East Junior High	Ashlee Gramstrup	952.496.5704
Shakopee High School	Joan Gunderson	952.496.5154
<b>School Nurses</b>		
	Judy DeWeese	952.496.5081
	Peggy Nerdahl	952.496.5073
	Carol Armstrong	952.496.5075
	Jen Sorenson	952.496.5019