

Dear Parents:

As many of you are aware, there has been a great deal of publicity given to this year's flu season. A few of our students are out with flu like symptoms. This note is not to alarm you, but to inform you of the steps which we are taking and will continue to take to help control the spread of this virus. Sanitizing measures are being used upon desks, door knobs, restrooms, drinking fountains, lunchroom tables, etc... Hand washing is encouraged throughout the day and the hand sanitizers are available in every classroom.

Symptoms of flu include but are not limited to fever, cough, sore throat, nausea, vomiting and/or diarrhea symptoms (see chart below). **Please remember that if your child is sick, they need to stay out of school for at least 24 hours after their fever is gone without the use of Tylenol or Ibuprofen.** Students will likely be out of school 3-5 days. Children who are ill upon arrival to school or become ill during the school day will be sent home. Please work with your child's teacher regarding making up missed classwork. Please keep the school, families, and staff in your prayers.

Thank you,
BCS School Board

Cold or Flu?

How do you tell the difference between a cold or the flu?

Because colds and flu share many symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the following table can help in some cases to determine if you have a cold or the flu. However, to be certain, special tests usually must be done within the first few days of illness to tell if a person has the flu.

<u>Symptom</u>	<u>Cold</u>	<u>Flu</u>
Fever	Rare	Common, usually high (100-102 degrees F)
Headache	Rare	Common
General Aches, Pains	slight	more common and intense
Fatigue, weakness	mild	more common and intense, can last up to 2-3 weeks
Runny or stuffy nose	Common	Sometimes, less likely
Dry cough, chest discomfort	less likely	more common and intense
Potential complications	normally less severe; sinus congestion or earache	more severe; bronchitis, pneumonia, bacterial infections; may require hospitalization

This information was collected from the Centers for Disease Control and WebMD websites.

This is provided as general information only, and should not be considered as a substitute for medical advice from a licensed physician. If you or a family member have any of these symptoms, we recommend you contact your physician for more information.

October 23, 2009