

Influenza and coronavirus

Dear Parents and Guardians,

At this time of year, we would like to share important information about influenza and also CoronaVirus (2019-nCoV). While both seem to have been talked about a lot lately, we are most concerned with outbreaks of influenza in our area. Please follow the following recommendations if you suspect your child has influenza:

- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other needs. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- [Wash your hands often](#) with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu

According to the CDC, there is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is **to avoid being exposed to this virus**. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

These are everyday habits that can help prevent the spread of several viruses. CDC does have [specific guidance for travelers](#).

Please visit the CDC website for further factual information regarding these conditions. We hope to help keep your children safe, healthy, and learning throughout the school day!

-The Bellefonte School Nurses