

RIVERSIDE CHRISTIAN SCHOOLS

HOME OF THE COUGARS

Attention Parents! Information on Upcoming Flu Season

At this time state and federal agencies are anticipating a difficult flu season and the possibility of wide-spread outbreaks. Riverside Christian Schools takes this serious and will work diligently to protect its staff and students as best as possible, but **we need your help!**

The main form of protection and prevention is for students to ***STAY HOME*** if they are sick!

It is important that you review with your children the preventative measures that should be taken to avoid getting sick.

These measures are:

- cover your mouth and nose with a tissue when coughing/sneezing
- throw away tissues immediately after use
- wash your hands often with soap and water
- encourage the use of hand sanitizers
- avoid touching your eyes, nose, and mouth
- try to avoid contact with sick people

Parents, watch for signs of illness. Symptoms of the flu are: fever (over 100°F), cough, sore throat, body aches, headache, chills, vomiting, diarrhea, fatigue and extreme exhaustion.

PLEASE BE ADVISED:

All RCS staff members have been advised to send any students with signs of illness to the office for evaluation. An administrator will make the decision if a child should be sent home and this decision is final. Any student with a fever will automatically be sent home. If you are contacted to pick up your sick child, please pick them up within 30 minutes of receiving the phone call and no later than one hour.

