



**PAYSON UNIFIED SCHOOL DISTRICT NO. 10**

**OFFICE OF THE SUPERINTENDENT**

November 17, 2014

Dear Parents,

**Enterovirus (EV) D68 and Influenza**

This time of year it is normal to see an increase in individuals with respiratory and flu-like symptoms. Symptoms of respiratory viruses may be mild and include runny nose, sneezing and coughing, or may be more severe such as fever, sore throat, body or muscle aches and difficulty breathing.

Infants, children and teenagers are at higher risk than adults for becoming infected and sick with EV-D68 and children with asthma are particularly at risk for severe symptoms such as wheezing and difficulty breathing. Respiratory viruses, including EV-D68 and influenza can be similarly prevented. If a student at school is exhibiting symptoms, such as fever or wheezing, they should be evaluated by the school nurse and their parents contacted. This will help decrease the risk of spreading any illness to classmates.

**What You Can Do**

- Wash hands often with soap and warm water for 20 seconds (the length of time it takes to sing the Happy Birthday song twice).
- Avoid touching eyes, nose and mouth with unwashed hands.
- Discourage children from having close contact, such as hugging, with classmates who are sick.
- Discourage children from sharing personal items such as beverages, food, or utensils.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces. A bleach-based household cleaner is recommended. A list of commercial products for norovirus that also kill enteroviruses can be found at <http://www.epa.gov/oppad001/chemregindex.htm>.
- Keep children home if they are sick. Anyone who has the flu or a flu-like illness should stay home from school, work, or other activities until at least 24 hours after the fever has gone away without the use of fever-reducing medications.
- Keep children up-to-date on their vaccinations, including a seasonal flu shot. Flu vaccines are especially important for school-aged children, since they are up to four times more likely to get the flu than adults. The Centers for Disease Control recommends the flu vaccine for ALL people six months of age and older.

For additional information, check out the CDC's Flu Guide for Parents online.

Thank you for helping to keep our students healthy and safe.