



## ALSIP, HAZELGREEN AND OAK LAWN SCHOOL DISTRICT 126

Craig Gwaltney  
Superintendent

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Hazelgreen Elementary  
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Prairie Junior High

February 5, 2018

Dear District 126 Families,

Similar to what is being reported both locally and nationally, we have seen an increase in the flu in District 126. To help prevent the infection of the flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. While we understand that taking multiple days off work can pose difficulties to our families, it is essential that students are taking the time off to ensure that they are getting better and not contagious to others. We have employed extra and more thorough cleaning procedures throughout our school, and will continue these procedures throughout the rest of the flu season.

To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomachache

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees by mouth and your child may return to school only after his or her temperature has been consistently below 100 degrees, by mouth, for a minimum of 24 hours)
- Vomiting (even once)
- Diarrhea
- Chills
- General feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, please reinforce good hygiene habits with your children:

- Wash hands frequently
- Do not touch eyes, nose or mouth

- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,

Craig Gwaltney  
Superintendent

Patricia Yerkes  
District Nurse