



HOW DO YOU FEEL TODAY?

Seasonal and H1N1 Influenza A can spread quickly in large group settings.

It's important that students, staff and visitors who feel sick stay at home.

If you have any of the following signs and symptoms, please see our School Nurse or plan to return home until you feel well and are fever free without fever reducing medications for 24 hours.

Fever of 100° F (37.8° C) or greater

Cough

Runny Nose

Sore Throat

**WE'RE COUNTING ON EVERYONE TO HELP KEEP
OUR SCHOOL A SAFE AND HEALTHY PLACE!**