



Buffalo Public Schools
Health Related Services Department
333 Clinton Street, Room 320
Buffalo, NY 14204
Phone: (716) 816-3912
FAX: (716) 851-3561

How to Handle the FLU: Tips for Proper FLU Health and Hygiene

If your child is diagnosed with the flu they must stay home from school until they have been fever free for at least 24 hours, without the use of fever reducing medications such as ibuprofen.

Symptoms of the flu include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Vomiting and/or diarrhea

If your child has any, or a combination of, these symptoms call their doctor's office right away and make sure they get plenty of rest and fluids.

If your child has other chronic conditions such as asthma, diabetes, or disorders of the brain or nervous system they are at high risk for complications from the flu. In this case call your doctor immediately if they show flu-like symptoms.

You can prevent getting or spreading the flu by following these health and hygiene practices:

- Wash your hands several times each day. Wash them with soap long enough to sing the "Happy Birthday" song.
- Cover your mouth and nose with a tissue when you cough or sneeze. Never use your hands. If you do not have a tissue, cough or sneeze into your upper sleeve or the bend of your arm.
- Do not touch your eyes, nose, or mouth with your hands. Hands carry germs that can make you sick.
- Do not share food, hairbrushes, or other personal items with classmates. Stay away from people who are sick.
- If you are coughing, sneezing, or feeling sick, do not come to school. Call your doctor right away.

English

This is an important document from child's teacher at school. Please read it or have someone read it to you.

Spanish

Este es un documento importante del maestro de su niño. Favor de leerlo o buscar a alguien que lo lea.

Somali

Warqadani waa mid muhiim ah oo ka timid macalinka ilmihina ee iskuulka. Minfadlak akhrista ama ha la iddiin akhriyo.

Arabic

هذا هو وثيقة مهمة من معلم الطفل في المدرسة. الرجاء قراءتها أو شخص آخر أن يقرأه لك.

Swahili

Hii ni hati muhimu kutoka kwa mwalimu mtoto shuleni. Tafadhali kusoma au kuwa na mtu kusoma na wewe.

French

Ceci est un document important du professeur de votre fils. S'il vous plaît, lisez-le ou trouvez quelqu'un qui peut vous le lire.