



January 8, 2018

Dear Parents,

Cold and flu season is upon us and the New Orleans area is currently seeing a large number of students with flu symptoms and other common illnesses. We care deeply about the well-being of all of our students and we are taking steps to prevent the spread of illness at St. Dominic School. Our classrooms and campus received a deep cleaning over the holiday break and were completely disinfected. As always, we continue to clean and disinfect the classrooms diligently on a daily basis.

We are working closely with the Archdiocese of New Orleans and the New Orleans Health Department to monitor flu conditions and make decisions about the best steps to take. We want to keep the school open and functioning with healthy children and we need your help to do this. We recommend that your child stay home from school if experiencing flu or cold symptoms.

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 (or another household member) has any of the following symptoms:

- Very stuffy or runny nose and/or a 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. 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 malaise or feelings of fatigue, discomfort, weakness, or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

**The best thing you can do as parents is to not send your children to school if they are sick.** Due to the severity of the flu this year, any children with a fever or other flu symptoms *will be sent home and asked to remain home for at least 4-5 days.* Staying home when sick will allow your child to rest and allows you to monitor their health closely. Keeping your sick child home is the responsible thing to do. It protects fellow students and school staff – especially those who are at higher risk of severe illness from the flu.

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently with soap and water or alcohol-based hand sanitizer, if soap is unavailable. We have hand sanitizer stations in every classroom and hallway and encourage children to use them
- Do not touch eyes, nose, or mouth
- Do not share personal items like drinks, food, or unwashed utensils
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away, and then wash hands. If they don't have a tissue, they should cough or sneeze into their upper sleeve, not their hands.
- Avoid close contact with people who are sick

For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. We will notify you of any additional changes to our school's strategy to prevent the spread of flu. Best wishes for staying healthy and happy in the new year!

Sincerely,

Ashley Lynn Seatter  
Principal