

January 27, 2020



Dear CCSD93 Parent/Guardian,

Cold and flu season is upon us, and this letter is being sent to provide tips and reminders on keeping students healthy and safe this winter.

Please do not send your child to school if they are feeling sick. CCSD93 has a 24 hour rule whereby students who have or had a fever of 100.4 degrees or higher, vomiting, or diarrhea must be kept home until the symptom has subsided for a minimum of 24 hours. Students must be fever-free without the use of fever reducing medication for 24 hours. Students who have been placed on an antibiotic by a physician may return to school 24 hours after the medication is started if they are feeling well. Keeping a sick child home is a great benefit for the overall health and wellness of our students and staff.

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Some people, such as older adults, young children, and people with certain health conditions are at high risk of serious flu complications. Symptoms of influenza can vary, but generally include a high fever, headache, chills, body aches, sore throat, and cough. The Centers for Disease Control and Prevention (CDC) offer these tips to prevent influenza:

- Get vaccinated every year
- Avoid close contact with sick people
- Cover your mouth with your upper arm when sneezing or coughing
- Wash hands frequently with soap and warm water
- Stay at home if you are experiencing flu-like symptoms
- Avoid touching your eyes, nose, and mouth
- Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional

Please share the above tips with your children as appropriate, and find more prevention tips from the CDC at <https://www.cdc.gov/flu/prevent/prevention.htm>.

The 2019-20 flu season has been complicated by recent news reports of a novel coronavirus. Coronaviruses are a large family of viruses. Common symptoms in an infected person include a fever, cough, and shortness of breath or difficulty breathing. To this point, there has been one reported case of coronavirus in Illinois and none in DuPage County. The CDC has said the current risk of local transmission is low and they continue to monitor the situation closely. CCSD93 joins the CDC in monitoring the situation. We will obtain updates from the Illinois Department of Public Health and local health officials and share relevant updates as appropriate. For more on the coronavirus, you are invited to read the attached fact sheet from the DuPage County Health Department.

The health and safety of our students and staff members is our highest priority. If you have questions regarding this information, please contact me at 630-539-3000. Thank you for partnering with us to provide a safe and healthy learning environment for students.

Sincerely,

David H. Hill  
Superintendent of Schools  
CCSD93

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Early Childhood Center

Carol Stream School

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Western Trails School

Jay Stream Middle School

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