



# BENTON PUBLIC SCHOOLS

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## The Benton School District is offering Flu Clinics this fall.

**October 17, 2017 Middle School, Junior High School, High School at Cook Field**

**October 18, 2017 Howard Perrin followed by Angie Grant (BMS if necessary)**

**October 19, 2017 Caldwell followed by Ringgold**

**\*\*Notes will be arriving home week of October 2nd\*\*.**

**\*\* The deadline to return forms is October 11th\*\***

**Flu Vaccines will only be given if both the Benton School District FERPA and the Arkansas Department of Health Vaccine forms are completely filled out.**

### **No Flu Mist is available.**

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in the Benton School District. We want to keep our schools open to students and functioning in a normal manner during this flu season, **but we need your help.**

Recommendations from the CDC Influenza Guidelines for the 2017-2018 school year:

- **Stay home when sick:** Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, **without the use of fever-reducing medicines.** They should stay home even if they are using anti-viral drugs.
- Separate ill students and staff: Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home.
- **Hand hygiene and respiratory etiquette:** The new recommendations emphasize the importance of the basic foundations of influenza prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- **Get your family vaccinated for Flu.**

**If your child experiences fever of 100 F or higher, please keep your child home.** The school is helping the department of health monitor FLS (flu like symptoms), so please contact your child's school if your child is out with the following symptoms:

**Flu-like symptoms include:**

1. Fever of 100 F or higher
2. Headaches
3. Sore throat
4. Cough (any type of respiratory illness with fever)
5. Muscle and/or body aches
6. Vomiting, nausea and diarrhea

***We are looking for parent volunteers, both nurses and clerical help. Please let your School nurse know if you are available to work on one or more of these dates.***

*Thank you,*

*Cheryl Watson, R.N. Health Services Coordinator, Benton School District*