



Rules regarding illness at Oxford Preparatory Academy

Please keep your child at home if they are experiencing any of the following:

1. Fever greater than 100 degrees
2. Diarrhea
3. Vomiting

These symptoms must be gone for at least 24 hours without the use of medications before your child can return to school. Thank you for your cooperation.

A Guide for Parents

What is the flu? The flu (influenza) is an infection of the nose, throat, and lungs caused by flu viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus starts spreading among people and making people sick.



What should I use for hand cleaning? Washing hands with soap and running water (for as long as it takes to sing the “Happy Birthday” song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.

What are the symptoms of the flu? Symptoms of seasonal flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea.



How long can a sick person spread the flu to others? People infected with seasonal flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, some people can shed virus for longer, especially children and people with weakened immune systems.

How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Take – and encourage your child to take – everyday steps that can help prevent the spread of germs.

- Cover coughs and sneezes with a tissue or with the crook of your elbow if no tissue is available. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw away tissues and other disposable items used by sick persons in your household in the trash.



Is there a vaccine to protect my child from the flu? A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu. This vaccine is recommended for children 6 months through 18 years of age and all people who are close contacts (caregivers) of children younger than 5 years of age.

What can I do if my child gets sick? If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids. If your child is younger than 5 (and especially younger than 2) or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, ask a doctor if your child should be examined. This is because younger children (especially children younger than 2) and children who have chronic medical conditions may be at higher risk of serious complications from flu infection. Talk to your doctor early if you are worried about your child's illness.



What if my child seems very sick? Even children who have always been healthy before or had the flu before can get a severe case of flu. Call or take your child to a doctor right away if your child of any age has:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

NO. Your child should stay home to rest and to avoid giving the flu to other children. When can my child go back to school after having the flu? **Keep your child home from school, day care or camp for at least 24 hours after their fever, vomiting, diarrhea is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.**



In light of the recent outbreaks in our area of measles and whooping cough



Measles is a disease that spreads very easily, so it is important to protect against infection. To prevent measles, children (and some adults) should be vaccinated with the measles, mumps, and rubella (MMR) vaccine. Two doses of this vaccine are needed for complete protection. Children should be given the first dose of MMR vaccine at 12 to 15 months of age. The second dose can be given 4 weeks later, but is usually given before the start of kindergarten at 4 to 6 years of age.

Whooping cough — known medically as pertussis — is a highly contagious respiratory tract infection. Although it initially resembles an ordinary cold, whooping cough may eventually turn more serious, particularly in infants. The best way to prevent it is through vaccinations. The childhood vaccine is called DTaP. The whooping cough booster vaccine for adolescents and adults is called Tdap and all 7th graders should have received this vaccination. Both DTaP and Tdap protect against whooping cough, tetanus, and diphtheria.

All parents and guardians should ensure that their children's vaccinations are up to date. Please contact your child's physician to make certain your child's immunizations are up to date. Parents if you have a child who has recently received vaccinations please provide the up dated record to the health office.

With regards to measles, if your child has an exemption for this vaccination, or has not received the full vaccination dose required, they will be kept home from school if an outbreak does occur on our campus. They will have to remain at home for the entirety of the incubation period of the disease, and/or until there is no more reported cases on our campus.

