



Madison City Schools  
Health Services  
211 Celtic Drive  
Madison, AL 35758

Dear Parents,

With an increase in influenza (flu) cases across our community, we would like to remind families to closely monitor their child(ren) for signs and symptoms of the flu.

Common flu symptoms may include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and/or diarrhea. Please note that not everyone with the flu will have a fever.

**Incubation and spread:** People with the flu may be contagious beginning one day before symptoms appear and up to 5-7 days after becoming ill. The flu virus spreads through respiratory droplets when an infected person coughs or sneezes. It can also spread by touching surfaces contaminated with these droplets and then touching the eyes, nose, or mouth.

Prevention tips:

- Wash hands frequently with soap and water, especially after using the restroom, blowing your nose, and throughout the day
- Avoid close contact with individuals who are sick
- Cover coughs and sneezes with your elbow or a tissue, and dispose of tissues immediately

If your child is diagnosed with the flu or is experiencing flu-like symptoms, please keep them home from school. Students with a fever of 100.0°F or higher must be fever-free for at least 24 hours *without the use of fever-reducing medications* (such as Tylenol or Motrin/Advil) before returning to school. Students must also be free of vomiting or diarrhea for at least 24 hours prior to returning.

Please avoid sending your child back to school too soon. Adequate rest is essential for recovery and helps prevent the spread of illness to others. For more information about influenza, please see the following information from the [CDC website](#).

Thank you for your cooperation and support in keeping our school community healthy.

Sincerely,

**Becky Tucker, BSN, RN, NCSN**  
System Supervising Nurse, Madison City Schools  
[rktucker@madisoncity.k12.al.us](mailto:rktucker@madisoncity.k12.al.us)