

HELP THEM FIGHT FLU

SO THEY
CAN DO
WHAT
THEY DO.

Dear MCPS Community,

Illness prevention belongs to all members of our community: teachers, staff, administrators, students, family members and the surrounding community. The Flu season has begun and Flu is currently active in Manassas City and communities nationwide. COVID-19 and other illnesses are also active in the community.

Please review the following criteria for when a person should stay home from school:

- Fever of 100.4° F and over – exclude until person has been fever-free without the use of fever reducing medication for at least 24 hours.
- Conjunctivitis (pink eye), strep infections, ringworm, and impetigo are all infections and must be treated with medication for a minimum of 24 hours before returning to school. Please do not allow affected persons back before this time so that other people are not infected unnecessarily.
- Rash of unknown origin with fever and/or behavioral changes, until a primary care provider has determined that the illness is not a communicable disease.
- Head injury.
- Severe coughing or difficulty breathing.
- Colds – a person with thick or constant nasal discharge should remain home.
- Diarrhea – sudden increase in frequency to more than three loose/watery stools per day. Exclude until person has been symptom free for at least 24 hours.
- Vomiting – unless the vomiting is determined to be caused by a diagnosed non-communicable/non-infectious condition (such as dysmenorrhea, dysphagia, etc.). Exclude from school for 24 hours after last vomitus.
- Abdominal pain that continues for more than two hours or intermittent abdominal pain associated with fever or other signs or symptoms.
- Stiff neck associated with fever and/or a recent injury.
- Inadequate immunizations with known disease outbreak in school.

Refer to the Virginia Department of Health's "Communicable Disease Reference Chart for School Personnel" for other exclusions/information.

You can do your part to help prevent illness by: washing your hand often, covering your cough/sneeze, staying home when you are sick, and getting vaccinated as appropriate.

Thank you for support of the MCPS community.

#FIGHT FLU

