



# WEST OSO INDEPENDENT SCHOOL DISTRICT

5050 Rockford Drive  
Corpus Christi, Texas 78416

Conrado Garcia  
Superintendent

## FLU SEASON INFORMATION

February 5, 2019

Dear Parents and Guardians,

Many of you have heard on the news about the flu, a virus that can cause mild to severe respiratory symptoms such as runny nose, sneezing, cough, fever or difficulty breathing. Some people, such as older adults, young children, and people with certain health conditions, are at high risk for serious flu complications. Once infected, children shed more of the influenza viruses than do infected adults, and they do so for longer periods of time. This explains why they are so often at the center of an outbreak in the family, school or the community.

It is the time of year when colds and flu begin to go around, so we wanted to send a reminder about tips for staying healthy. At West Oso ISD we know that prevention is key to maintaining a healthy environment during flu season. Our campuses are making every effort to maintain a clean healthy environment in our classrooms and wherever students interact. We have directed our maintenance staff to take extra precautions in disinfecting our student desks, counters, door knobs, tables, bathrooms etc.

Viruses can spread from person to person when an infected person coughs, sneezes, or touches surfaces contaminated by secretions like saliva, sputum and nasal mucus. Let us try to prevent the flu or cold that cause illness in our children by following these simple steps:

1. Wash hands often with soap and water for 20 seconds. For young children, this time equates to singing the Happy Birthday song twice.
2. Avoid touching eyes, nose and mouth with unwashed hands.
3. Avoid sharing cups or eating utensils, kissing or hugging with people who are sick.
4. Cover your mouth and nose when coughing or sneezing with a tissue or into the inside of your elbow.
5. Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
6. **For school children, if they are ill keep them at home until they are without symptoms for 24 hours. If your child is sent home with a fever or has a fever, he/she must be kept home and should be fever free for 24 hours before returning to school. Please monitor their temperature within this time frame.**
7. If your child is sick, encourage them to get plenty of rest, eat well, and drink plenty of fluids.

Prevention is the key to a healthy family and West Oso ISD encourages all parents to work with our schools in keeping your child healthy. Let us make the 2018-2019 school year a healthy one!

Sincerely,  
Conrado Garcia  
Superintendent of Schools  
West Oso ISD