Date:

Dear parent or guardian:

Today, your child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ came to the health room with flu-like symptoms (fever, sore throat, or cough).

To keep your child and other students healthy:

* Keep your child home from school until they are fever-free without fever-reducing medicine for 24 hours and their symptoms are improving.
* Make sure your child drinks plenty of fluids.
* Have your child get extra rest.
* Ask your healthcare provider or pharmacist about medications to reduce flu symptoms. Never give aspirin to children.
* Get medical care if your child has trouble breathing or if their symptoms get worse.

The best way to prevent the flu is to get a flu shot every year. Vaccines for children are free in Washington. Contact your child’s healthcare provider or find free vaccine locations at **(((locally relevant website)))**.

Call your child’s healthcare provider if you have questions or concerns.