



THE SCHOOL DISTRICT OF  
PALM BEACH COUNTY, FLORIDA

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ASSISTANT SUPERINTENDENT

JUDITH KLINEK  
CHIEF ACADEMIC OFFICER

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March 1, 2012  
**Bulletin #P-14182-SCLE/SS**

**Contact Person:**

Dr. Cathy Burns, PX76988

**ACTION BY:  
Information Only**

**TO:** All Principals

**FROM:** Judith Klinek, Chief Academic Officer 

**SUBJECT: PREVENTION AND READINESS FOR INFLUENZA SEASON**

Influenza (flu) activity in the United States is increasing. Our District has seen an increase in absenteeism of students with flu-like symptoms in recent weeks. To prevent widespread flu, the following recommendations by the Centers of Disease Control (CDC) and our local Health Department will be promoted within all of our schools:

- ❖ Encourage students and/or staff to receive the flu vaccine every year
  - Most insurance companies cover the cost for flu vaccination
  - The Health Department provides vaccination in the absence of insurance
- ❖ Encourage students and/or staff who become ill with any of the following symptoms to stay at home for a day of rest and observation:
  - Stuffy or runny nose and/or a cough
  - Mild sore throat (no fever, no known exposure to strep)
  - Headache
  - Mild stomach ache
- ❖ Inform students and/or staff to remain home for treatment and/or observation for any of these symptoms:
  - Fever > 100 degrees by mouth
  - Vomiting (even once)
  - Diarrhea
  - Chills
  - Fatigue, discomfort, weakness, or muscle aches
  - Frequent, congested or wet cough
  - Copious nasal congestion with frequent blowing of nose
- ❖ Encourage your students and/or staff to prevent the flu and other colds by:
  - Maintaining good hygiene habits
  - Washing hands frequently
  - Refraining from touching eyes, nose, or mouth
  - Covering mouth and nose when sneezing/coughing
  - Using paper tissues, discarding them, and washing hands immediately after use

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Please remember that when sick students and/or staff stay at home, the spread of infections in the classroom will be minimized.

For more information on influenza go to:

- ❖ Centers for Disease Control website: <http://www.cdc.gov/flu/>
- ❖ U.S. Department of Health & Human Services website: [www.flu.gov](http://www.flu.gov)

EWG/JK/KO/KCW/cb



Approved: \_\_\_\_\_  
E. Wayne Gent, Superintendent