



Recognizing Flu Symptoms

Because all influenza or “flu” viruses can easily spread from person to person, Poway Unified is asking for your help in reducing the spread of flu in our schools.

Here’s What Parents Can Do To Help

- **Recognize the symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Do not send children to school if they are sick.** Children who are determined to be sick while at school will be sent home. This includes before and after-school programs.
- **Make plans now for children who need to stay home.** Plan for how children will be cared for at home in case they become ill.
- **Keep sick children at home** for at least 24 hours after the fever is gone without using fever-reducing drugs. By keeping children home when they have a fever, we can reduce the number of new people who may become infected.
- **For more information, visit the PUSD website at <http://www.powayusd.com/schools/Safety/>.**