

January 24, 2019

Dear Lake Travis ISD Parents, Guardians:

According to the [Centers for Disease Control and Prevention \(CDC\)](#), flu activity is widespread in most of the United States. Many schools in Texas have reported higher than usual absences due to student and staff illness. While Lake Travis ISD officials cannot confirm that student and staff absences are due to the flu, our schools have reported modest increases in student and staff illness.

Please be reminded, if your child is sick with a fever (99.5 F or higher), do not send him/her to school. Keep your sick child home for at least 24 hours after the fever has subsided. Your child may return to school after his/her temperature returns to normal for 24 hours without medication.

Our goal is to decrease the exposure to the flu while limiting the disruption to learning. As such, we would like to inform you of the steps we continue to take to prevent the transmission of the flu among our students and staff.

At school:

- Campus nurses continue to assess and monitor student and staff illness; student and staff who are ill will be sent home.
- Staff is reviewing proper hand-washing techniques and cough etiquette for students.
- Teachers are having students wash their hands throughout the day as needed.
- Custodial staff are cleaning district-wide facilities and classrooms daily and as needed including commonly-touched surfaces and areas such as windows, whiteboards, desks, tables, chairs, doorknobs, café table tops and seats, water fountains, sinks/faucets and locker rooms.
- Custodial staff will perform personal rug sanitation procedures with hospital-grade disinfectant every Tuesday and Thursday at each elementary school.
- Transportation staff are disinfecting seats on all buses after each run (morning and afternoon).

At home, we recommend families consider taking the following preventative actions:

- Teach your children to wash their hands with soap and water for at least 20 seconds or use an alcohol-based rub.
- Remind family members to use tissues to cover the mouth and nose when they cough or sneeze. Throw away the tissue after use. If a tissue is not available, cough or sneeze into your sleeve or elbow.

(continued)

- Use paper towels to dry hands or assign each family member his/her own hand-drying towel.
- Teach your children not to share personal items, such as drinks, food, or unwashed utensils.
- Know the signs and symptoms of the flu and how it is spread. Symptoms include fever, sore throat, headache, and cough. Many people also have a runny nose, fatigue, body aches, loss of appetite, nausea and/or diarrhea. Please keep your child home if he/she is experiencing any of these symptoms.
- Talk to your health care provider about the flu vaccine.

For more information about the flu, visit the CDC website at www.cdc.gov/flu. You may also contact your child's school nurse directly.

Sincerely,

A handwritten signature in black ink that reads "B. Harkleroad, RN". The signature is written in a cursive, slightly slanted style.

Becca Harkleroad, RN
Lead Nurse, Lake Travis ISD