



Loudoun County Public Schools

Department of Pupil Services

Office of Student Services

Student Health Services

21000 Education Court
Ashburn, VA 20148
phone 571-252-1012
fax 571-252-1245

December 19, 2019

Dear Parents, Guardians and Staff,

It's that time of year. The winter season often brings with it infections such as:

- Streptococcal infections, which cause strep throat
- Respiratory infections, such as Influenza, and common colds
- Gastrointestinal illnesses which can cause nausea, vomiting and diarrhea

To help prevent the spread of these types of illnesses we encourage you and your family to:

- **Practice and encourage good hand hygiene:** Washing one's hands with soap and water or using hand sanitizer regularly is one of the most effective ways to prevent the spread of germs.
- **Encourage respiratory etiquette** among students and staff. In other words, cover your mouth and nose with a tissue, your sleeve or elbow during coughing and sneezing.
- **Encourage children to avoid touching their eyes, nose or mouth.**
- **Keep your child home if they are ill and stay home if you are ill yourself.**
 - Individuals should stay home from school, work and errands when sick.
 - Sick students or staff should remain home until they are **fever-free for a full 24 hours**, without the use of fever-reducing medication such as Tylenol or Motrin.
- **Eat a healthy diet and get plenty of rest.**
- **Avoid close contact with people who are sick.**
- **Get a flu shot.** Talk to your health care provider about getting you and your child vaccinated against the flu. The single best way to protect against flu is to get vaccinated each year. It's not too late!!

Further influenza information is available online from the Virginia Department of Health (<http://www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia/>) and the Centers for Disease Control and Prevention (www.cdc.gov/flu). You can also contact the Loudoun County Health Department at health@loudoun.gov, your local school health office, or Jeannie Kloman, Supervisor of Student Health Services at 571-252-1017 if you have additional questions.

Thank you for helping to keep our students healthy and in school!

LCPS Office of Student Health Services