

Dear Parents,

Re: Prevention of seasonal flu outbreak in School

As you may know, flu can be easily spread from person to person. According to Center for Health Protection (CHP), flu season will begin at the end of December. School has performed cleansing and disinfection according to CHP's recommendation. We want to keep our school and boarding house open to students and functioning in a normal manner during this flu season, but we need your help to do this.

1. Temperature checking: please check temperature every morning before going to school. Please record the temperature reading on student handbook as well.
2. Know the signs and symptoms of the flu. Symptoms of the flu include fever (99.5 degrees Fahrenheit, 37.5 degrees Celsius 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.
3. Keep sick children at home for at least 48 hours after they no longer have fever and flu symptoms subside. This may require students to stay home for at least 3-5 days. Keeping children with a fever at home will reduce the number of people who may get infected.
4. Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.
5. Prepare 4 surgical masks for your children. Please keep the surgical masks into a clean plastic bag with student's name stated. Our staff will help your children to put on surgical mask if needed.
6. Teach your children to wash their hands often with soap and water or an alcohol-based hand rub.
7. To prevention of sickness, measures should be taken at home. A healthy lifestyle, balance diet, exercise 30mins every day. Cover your mouth and nose with tissue paper when sneezing or coughing. Maintain good indoor ventilation. Avoid going to crowded or poorly ventilated public places; high-risk individuals may consider putting on surgical masks while in such places.
8. Get a shot of influenza vaccine if not vaccinated.
9. School will keep an eye of flu surveillance and report to CHP promptly.