

Dear Parents and Guardians:

We know that illness can strike any of us at any time, and the Chilton School District wants to share some simple steps you and your family can take to protect yourselves and everyone around you from serious illness, like colds and flu.

The Wisconsin Department of Health Services recommends that everyone age 6 months old and older get vaccinated against the flu. The vaccine is safe and effective and can prevent long absences from school and work.

In addition, there are steps the whole family can take to prevent and stop the spread of illness. These include:

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hand.
- If you use a tissue, throw it away after one use.
- Never share drinking cups, straws, and utensils.
- When possible, avoid being exposed to people who are sick with flu-like symptoms.
- Eat nutritious meals, get plenty of rest, and do not smoke.
- Frequently clean commonly touched surfaces, like doorknobs, the refrigerator handles, your phone, and faucets.

If your child shows signs of illness, such as a high fever, cough, sneezing, or runny nose, please keep them home until 24 hours after the symptoms pass to prevent them from spreading illness to classmates and staff. You can find our policy on absences in the district handbook.

Working together, we can make this a healthy school year for everyone.

Sincerely,

Tabetha Bocker, RN  
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