

Because this year is expected to be an especially bad one for colds and flu, SAIL is asking parents to be both diligent and considerate when assessing whether their child is well enough to attend classes.

Based on CDC guidelines, this is what SAIL recommends:

If a child has been exposed to H1N1 and displays signs of possible infection, please stay at home.

If a child does NOT display symptoms, parents should use their best judgment.

If a child has been sick with H1N1, the child should remain home at least seven days after the onset of the flu symptoms, or 48 hours fever-free (without medication).

ALL students should make a regular practice of washing hands, using tissues, covering mouth when coughing, and using common sense about preventing the spread of germs.

Siblings of infected children should be watched closely for signs of infection, and should make every effort to prevent the spread of germs. However, the decision to keep exposed siblings at home is the parent's decision. The family does not need to be quarantined, but all family members should take precautions to avoid spreading illnesses and should exercise both common sense and consideration of others.