



Charlotte-Mecklenburg Schools

Every Child. Every Day. For a Better Tomorrow.

Dear CMS parent,

October marks the official beginning of flu and virus season. This time of year, it is not uncommon to begin seeing increased numbers of flu and viral infections across the state and nation. There has been a lot of media attention to viral infections this year, particularly the Enterovirus D68, which has turned up across the country and in North Carolina. It is our practice as a district to be proactive in an effort to keep all students healthy and we wanted to share some information and suggestions for avoiding viruses.

Enterovirus infections are very common – it's estimated that as many as 10 million to 15 million infections occur each year. There are no specific medical treatments for viruses, so prevention is the best strategy. Symptoms can mimic those of colds or flu, including runny nose, coughing, fever and aches.

Here are some suggestions for preventing the spread of flus and viruses:

- Wash hands frequently with soap and water, especially before eating.
- Avoid touching eyes, nose, and mouth.
- Cough or sneeze into a sleeve or elbow, not hands.
- Disinfect frequently touched surfaces.
- Keep your child home when he or she is fevered or feeling sick. Establish a contingency plan for keeping a sick child at home or picking him or her up from school so you are prepared if illness strikes.
- Keep your child at home for at least 24 hours after he or she is free of fever without the use of fever-reducing medications.
- Talk with your healthcare provider about annual seasonal flu vaccines.

As is our practice, we are monitoring school attendance for indications of widespread illness. Thus far, we have not seen reasons for concern. Should that change, we will share additional information with you. Our goal is to educate every child, every day, for a better tomorrow – and a safe, healthy school environment is very important to us. Thank you for choosing CMS for your family.