

# January

## Fridge Notes

SCES  
410 E. 8<sup>th</sup> Street  
Scott City, KS 67871

(620) 872-7660

Shawn Roberts, Principal  
Breigh Frederick, Secretary



### Parent Volunteers Needed!!

We are in need of volunteers to help students with crossing the street at the crosswalks on the Northeast and the Southwest sides of the building. The time would be after school from 3:35 PM to 3:45 PM. So often we have parents that arrive early to collect students after school, this would be a great opportunity for those of you. Keeping our student's safe is one of our biggest priorities. We need your assistance to help us ensure that our students get home safely.

*If interest contact the Elementary School Office.*

### **NEW 2nd Semester Lunch Times**

Morning Preschool/KinderPrep:  
11:05 AM to 11:25 AM

Afternoon Preschool/KinderPrep:  
12:25 PM to 12:45 PM

Kindergarten:  
11:30 AM to 12:00 PM

1st Grade:  
12:00 PM to 12:30 PM

2nd Grade:  
12:30 PM to 1:00 PM



Parents and Guardians,

Just sending this out as a reminder that flu season is upon us and we all must do our part to prevent and control the spread of influenza.



### **Health Room Newsletter**

By Niki Depperschmidt, RN  
USD 466 District Nurse

Nurse Niki would like to share a few helpful tips on:

- Stomach "Bugs"
- Strep Throat
- Hand, Foot, & Mouth Disease
- Head Lice
- Flu Shots

*Click the link below to learn more.*

<https://www.smores.com/d3yet-health-room-fall-newsletter?ref=email-content#w-4107349917>

If you recall from last school year, the Kansas Department of Health and Environment stated that a student diagnosed with influenza had to be out of school for 7 days after the onset of illness. K.A.R. 28-1-6 in regards to Influenza was updated (10/23/2019) changing this to 5 days after the onset of illness. The student must also still be 24 hours fever free without the aid of medication whichever is longer. This school and work exclusion will apply to both students that have had a positive laboratory test confirming diagnosis of influenza as well student that have been treated with antiviral medication used to treat influenza, as both are considered to be confirmation of a case of influenza.

Please notify the school if your student has a case of influenza. If you have any questions please call the school health office at 872-7660.

Thank you for your continued cooperation in keeping our students healthy and ready to learn!

Niki Depperschmidt, RN

*See attachments for additional information*

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
WINTER BREAK NO SCHOOL						
		New Year's Eve	New Year's Eve 			
5	6 NO SCHOOL Teacher Work Day	7 NO SCHOOL Teacher Work Day	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Day  SCORE Advisory Council Meeting, 5:45 PM ES SITE Council Meeting, 6:30 PM	21 Beaver Backers, 3:45 PM	22	23	24	25
26	27	28	29	30	31	1

# 3rd & 4th Grade Changes for the Spring Semester



## Spring Semester

- Middle School Times:
  - Doors Open @ 7:40 AM
  - First Bell Rings @ 8:00 AM
  - Tardy Bell Rings @ 8:05 AM
  - School Ends @ 3:30 PM
- SCORE:
  - After school SCORE will still be at the Elementary School for all grades.
  - 3rd, 4th, & 5th Grade students that attend SCORE after school will ride the shuttle bus over to the Elementary School.
  - Parents who have not done so will need to go online to the district's webpage to complete a bus transportation request form for ALL 3rd, 4th, & 5th grade students that attend SCORE after school. We require all students that ride the shuttle bus to complete this form.  
*Click on the link below to be redirected to the form.*  
<https://docs.google.com/forms/d/e/1FAIpQLSewq7feTzA4wat34PpvVUKRqQ6ZmmVPL7mSAleTPxuz8SqX8Q/viewform>
  - Morning SCORE for 3rd, 4th, & 5th Grade student will be held at the Middle School.
- Middle School Drop Off /Pick up:
  - 3rd, 4th, & 5th Grade drop off /pick up area will be on the East side of the building.
  - 6th, 7th, & 8th Grade drop off/pick up area will be on the West side of the building.
  - Parents that have students in 3rd, 4th, & 5th Grade and 6th, 7th, & 8th Grades can use either side to drop off/pick up students.

Division of Public Health  
Curtis State Office Building  
1000 SW Jackson St., Suite 300  
Topeka, KS 66612-1368



Phone: 785-296-1086  
[www.kdheks.gov](http://www.kdheks.gov)

Lee A. Norman, M.D., Secretary

Laura Kelly, Governor

## MEMORANDUM

**Date:** 10/23/2019

**To:** Local health officers, public health administrators, and medical professionals

**From:** Farah Ahmed, MPH, PHD  
State Epidemiologist

**Subject:** Recommendations regarding the management of persons with influenza

### Background

Influenza viruses circulate in the United States annually from late fall through early spring. The Centers for Disease Control and Prevention (CDC) estimates that influenza results in between 9.3 million to 49.0 million illnesses; 140,000 to 960,000 hospitalizations; and 12,000 to 79,000 deaths annually. The burden of influenza disease can vary widely depending on the type of circulating influenza viruses, the length of the season, the effectiveness of the vaccine, and the number of persons vaccinated.

Kansas regulations do not require health care providers to report cases of influenza to KDHE except for pediatric deaths and novel influenza A infections. Instead, influenza activity is measured through seven components; the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), syndromic surveillance (ESSENCE), laboratory surveillance, respiratory panel testing, influenza-associated hospitalizations, outbreaks, and pneumonia and influenza mortality.

### Prevention and Control

An annual seasonal influenza vaccine is the best protection against getting influenza. Vaccination has been shown to have many benefits including reducing the risk of illnesses, hospitalizations and even the risk of influenza-related deaths in children. For the 2019-2020 flu season, the Advisory Committee on Immunization Practices recommends annual influenza vaccination for everyone 6 months and older with any licensed, influenza vaccine that is appropriate for the recipient's age and health status. There are many vaccine options to choose from, but the most important thing is for all people 6 months and older to get a flu vaccine every year.

Although vaccination each year is the single best way to prevent contracting seasonal influenza, other prevention and control measures are very effective at preventing the spread of influenza and other respiratory viruses. Ensuring those that are ill with influenza avoid close contact with others and staying home from work, school, or daycare can prevent the spread of influenza. Additionally, covering your mouth or nose when coughing or sneezing and washing your hands often are effective measures at preventing illnesses.

### Legal Issues

K.S.A 65-128 provides explicit authority for the Secretary of the Kansas Department of Health and Environment (KDHE) to adopt administrative regulations regarding the isolation and quarantine requirements for designated infectious diseases. These requirements have been established in K.A.R. 28-1-1 and K.A.R. 28-1-6. Additionally, the document



adopted by reference in K.A.R. 28-1-6 also provides the authority for the Secretary of KDHE or the local health officer to alter the requirements for the isolation and quarantine as necessary for the protection of public health.

Currently, for the control of influenza, K.A.R. 28-1-6 requires:

- For each person hospitalized with a case, droplet precautions shall be followed for seven days following onset of illness or for the duration of the illness if the case is in an immune-compromised patient.
- For each person with a case shall remain in home isolation for seven days following onset of illness or for the duration of illness if the case is immune-compromised, except when seeking medical care.

After examining the scientific literature and evaluating data from last year's influenza season, these requirements of K.A.R. 28-1-6 are inconsistent with the current state of scientific knowledge about the length of infectiousness for most adults and children and did not reduce transmission in many schools, daycares, long term care facilities, and other work settings. According to CDC<sup>i</sup> and the Control of Communicable Disease Manual<sup>ii</sup>, children and adults with influenza are most infectious 24 hours before the onset of symptoms and up to five days after symptoms begin. Viral shedding peaks at three days of illness and ceases within seven days and is correlated with the degree of fever. Therefore, KDHE is recommending a change to the isolation regulation for the control of influenza.

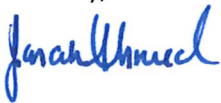
#### Recommendations to Alter Requirements of K.A.R. 28-1-6 for Influenza

KDHE strongly recommends yearly influenza vaccination per the Advisory Committee on Immunization Practices. Additionally, to address the conflicts between the current state regulation and evidence-based practices, KDHE recommends that persons who are symptomatic with influenza-like illness (temperature of 100°F [37.8°C] or greater, a cough and/or a sore throat without a known cause other than influenza) and have either a positive laboratory test for influenza or been treated with antiviral medication used to treat influenza is considered to have a case of influenza. To control the spread of influenza the following isolation requirements should be followed:

- For each person hospitalized with a case, droplet precautions shall be followed for **five days** following onset of illness or until **fever free for 24 hours without the aid of fever reducing medications, whichever is longer**.
- For each person with a case shall remain in home isolation for **five days** following onset of illness or until **fever free for 24 hours without the aid of fever reducing medications, whichever is longer, except when seeking medical care**.

KDHE will be working on revisions to K.A.R. 28-1-6 and will address these conflicts in permanent regulations. If you have any questions, please feel free to contact our office via the Epidemiology Hotline at 877-427-7317.

Sincerely,



Farah S. Ahmed, MPH, PhD  
Environmental Health Officer and State Epidemiologist  
Bureau of Epidemiology and Public Health Informatics  
Kansas Department of Health and Environment

<sup>i</sup> <https://www.cdc.gov/flu/about/disease/spread.htm>

<sup>ii</sup> <https://ccdm.aphapublications.org/doi/abs/10.2105/CCDM.2745.157>

## IF YOUR CHILD IS SICK

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, are at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.

### What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held

- ▶ Flu symptoms improve, but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

### Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

### When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.



**For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-CDC-INFO**



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

AUGUST 2015 | CS258974-C



# The Flu: A Guide for Parents

## FLU INFORMATION

### What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.



## How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

## How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

## What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

## How long can a sick person spread the flu to others?

People with the flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can infect others for longer periods of time, especially if they still have symptoms.

## PROTECT YOUR CHILD

### How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long-term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for several months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.

### Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days

of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

### What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs:

These include the following:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone, except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way. ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.