

Dear CCC Parents and Guardians,

As we enter the seasonal influenza and respiratory illness period, we would like to share some important health and prevention measures to help protect our students, families, and school community.

Influenza (flu) is a contagious respiratory infection that can spread easily in school environments through respiratory droplets and close contact. According to the World Health Organization (WHO), seasonal influenza causes approximately **1 billion cases worldwide each year**, including **3–5 million cases of severe illness**. Symptoms typically begin **1–4 days after infection** and may include sudden fever, cough, sore throat, headache, body aches, fatigue, and a runny nose.

How can we help prevent the spread?

1. Consider annual influenza vaccination

Annual influenza vaccination is the most effective way to reduce the risk of influenza and its complications. WHO and CDC recommend seasonal vaccination, particularly for individuals at increased risk of complications. Protection develops over time following vaccination, so families are encouraged to discuss the seasonal flu vaccine with their healthcare provider.

2. Keep your child home when they are sick

Please do not send your child to school if they have a fever or are experiencing significant respiratory symptoms, particularly if symptoms are worsening.

In accordance with current respiratory illness guidance, students should return to school when:

- Their symptoms are **improving overall**, and
- They have been **fever-free for at least 24 hours without the use of fever-reducing medication**.

This simple measure is particularly important in reducing transmission to classmates, teachers, staff, and vulnerable members of our community.

3. Encourage frequent hand hygiene

Please remind your child to wash their hands regularly with soap and water for **at least 20 seconds**, particularly:

- Before eating;
- After using the restroom;
- After coughing, sneezing, or blowing their nose;
- After outdoor activities; and
- Whenever their hands are visibly dirty.

When soap and water are not available, an alcohol-based hand sanitizer containing at least **60% alcohol** can be used.

4. Practice respiratory etiquette

Children should be encouraged to:

- Cover their mouth and nose with a tissue when coughing or sneezing;
- Dispose of tissues immediately after use;
- Cough or sneeze into their elbow when a tissue is unavailable; and
- Clean their hands afterwards.

These habits help reduce the spread of influenza and other respiratory viruses.

5. Encourage healthy daily habits

Adequate sleep, regular physical activity, good nutrition, sufficient fluid intake, and appropriate management of stress all contribute to overall health and wellbeing. Maintaining good ventilation and spending time in well-ventilated spaces can also help reduce respiratory virus transmission.

When should you seek medical advice?

Most people recover from influenza within approximately one week. However, young children, pregnant women, older adults, and individuals with certain chronic medical conditions or weakened immune systems may be at greater risk of complications.

Please consult your child's healthcare provider if symptoms are severe, worsening, persistent, or if your child belongs to a higher-risk group.

A shared responsibility

Preventing the spread of influenza is a shared responsibility between families and the school. By keeping sick children at home, maintaining good hand and respiratory hygiene, promoting vaccination, and communicating health concerns promptly, we can help maintain a healthier and safer learning environment for everyone.

If your child is diagnosed with influenza or another communicable illness, kindly inform the school so that we can provide appropriate follow-up and take necessary preventive measures within the school community.

Thank you for your continued cooperation and support in promoting the health and wellbeing of our students.

Best regards,

Margueritte Abdallah

Middle and Secondary School Nurse

+961 1 283683 Ext. 215



www.wellspring.edu.lb



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