



**Opportunity · Unity · Excellence**

***This communication is being sent out on behalf of  
Ed Marshaleck, Assistant Superintendent of Student Services***

February 19, 2020

Good afternoon Upper Darby Families and Staff,

This is another reminder about healthy habits and prevention during this Flu season. Please remind your children and students to maintain healthy habits such as covering a cough and sneeze, frequent hand washing, and avoiding touching your face or eyes.

If your child is sick, please keep him or her home from school until they are feeling better, and at least 24 hours fever free without medicine. If your child is experiencing any of the symptoms below, please schedule a visit or consult with your family doctor.

- Fever
- Headache
- Tiredness - mild or extreme
- Dry cough
- Sore throat
- Nasal congestion
- Body aches

Signs and symptoms of the Flu can appear quickly and it is critical that your child is monitored and treated immediately. Please take a few moments to speak to your children about healthy habits year round, and especially during Flu season.