



# BURBANK SCHOOL DISTRICT 111

## DISTRICT OFFICE

7600 S. Central Avenue  
Burbank, Illinois 60459  
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## DISTRICT 111 SCHOOLS

### K-6 Elementary Schools

#### Luther Burbank

8235 S. Linder  
Telephone: (708) 499-0838  
Fax: (708) 499-0502

#### Richard E. Byrd

8259 S. Lavergne  
Telephone: (708) 499-3049  
Fax: (708) 499-1002

#### Harry E. Fry

7805 S. Mobile  
Telephone: (708) 599-5554  
Fax: (708) 599-1348

#### Jacqueline B. Kennedy

7644 S. Central  
Telephone: (708) 496-0563  
Fax: (708) 496-8365

#### Rosa G. Maddock

8258 S. Sayre  
Telephone: (708) 598-0515  
Fax: (708) 233-6401

#### Frances B. McCord

8450 S. Nashville  
Telephone: (708) 599-4411  
Fax: (708) 233-9104

#### Edward J. Tobin

8501 S. Narragansett  
Telephone: (708) 599-6655  
Fax: (708) 233-9014

### Junior High School

#### Liberty Junior High

5900 West 81st Street  
Telephone: (708) 952-3255  
Fax: (708) 229-0659

Dear Parents and Guardians,

The peak of the cold and flu season is upon us. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees by mouth)
- Vomiting (even once)
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

To help prevent the flu and other colds, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing, use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick.

Colds are the most contagious during the first 48 hours. A child who has a fever should remain at home until "fever free" for a minimum of 24 hours. Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your child at home for an hour or two before deciding whether or not to bring to school. **Your child should be physically able to participate in all school activities on return to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.**

## **IT'S NOT TOO LATE TO VACCINATE!**

The best way to protect against flu is to get a yearly flu vaccine for yourself and your child. **Flu vaccines for children under the age of 18 are FREE at the Stickney Township Health Clinic.**

Thank you in advance for helping make this year at school as healthy as possible.