



*Roman Catholic  
Diocese of Corpus Christi  
Office of Catholic Schools*

TO: Parents and Guardians

FROM: April Esparza RN BSN, Diocesan School Health Services Coordinator

SUBJECT: Reducing the Spread of Influenza – FOR IMMEDIATE RELEASE

DATE: February 1, 2018

The influenza season has been intense and challenging for our city, state, and nation. The Center for Disease Control (CDC) reports continued widespread influenza activity in all states. As a Catholic school community, in the Diocese of Corpus Christi, we are committed to the implementation of best practices recommended by the CDC to reduce the spread of flu and other illnesses within our schools.

Schools have been advised to maintain focus on the following practices:

1. Allow time for frequent, effective hand washing for students and staff.
2. Reinforce “Cover your Cough” with all students, sneezing or coughing into the elbow when a tissue is not available.
3. Encourage students to avoid touching their eyes, nose, or mouth.
4. Perform daily cleaning and disinfecting of frequently touched surfaces- such as such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones, and toys.

Parents are advised to heed the following recommendations:

1. Vaccinate your family against Influenza, if you haven’t already. It is not too late to receive the vaccine. The CDC recommends the vaccine for all persons age 6 months or older.
2. Monitor your family for flu-like symptoms such as: Fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), or vomiting and diarrhea particularly in children.
3. Don’t delay in contacting your child’s doctor if they are showing flu-like symptoms.
4. Keep your child home if they are sick.  
Students should stay home as advised by their physician and until they are fever-free for at least 24 hours before returning to school. Note that fever must be gone for 24 hours without the use of a fever-reducing medicine.
5. Reinforce with your child the importance of frequent proper handwashing, covering their cough or sneeze, and avoidance of touching their eyes, nose and mouth.

Together with your support, we seek to minimize the spread of influenza in our school community. The safety of our students is of upmost priority. Please feel free to contact me with any questions or concerns. I can be reached by email at [aesparza@diocesec.org](mailto:aesparza@diocesec.org) or by phone at 361-882-6191.