

There has been a recent increase in the number of student absences in some of the ACPS schools. Primarily, ill students are diagnosed with or have symptoms of three illnesses: influenza (“flu”), Norovirus (“stomach flu”) and streptococcal pharyngitis (“strep throat”).

Alleghany County Public Schools takes this matter seriously. Utilization of enhanced cleaning measures is occurring in an effort to decrease the transmission of illnesses. Students are encouraged to wash their hands frequently, especially before and after eating, after toileting, after coughing or sneezing, and after exposure to someone who is ill. Parents are also encouraged to keep ill children at home and not allow them to participate in after-school activities.

Examples of symptoms of influenza or another contagious illness might include some or all of the following:

- Fever* or feeling feverish/chills; body temperature will usually rise during the day, peaking in the early evening
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Nausea, vomiting, or diarrhea
- Malaise (generally not feeling well)

** It's important to note that not everyone with flu will have a fever.*

Links to more information:

<https://www.cdc.gov/flu/>

<https://www.cdc.gov/norovirus/>

<https://www.cdc.gov/features/strepthroat/>