

# NEWSNOTE

VOLUME 1, ISSUE 5 OCTOBER 6, 2021

## FROM THE PRINCIPAL'S DESK...

Happy Wednesday!

We have been practicing our fire drills and will soon be practicing our lockdown drills as well. We have tried to stress the importance of these drills to the students. Parents, please take a moment to reiterate this with your child. We have safety drills to ensure students and staff are prepared to quickly make their way to safety in the event of an emergency. We are making sure that during fire drills the students are wearing their masks and keeping a safe distance from one another. During our lockdown drills, I will not have the students hiding as they normally would. Teachers will just go over the procedure as to where they would hide in case of a real emergency.

With the cooler weather beginning, please remember to consult the uniform policy as to acceptable warmer clothing.

**Cold Weather Items:** The only acceptable cool weather tops to be worn during school hours are the SME spirit hoodie, the SME gym uniform sweatshirt, a solid navy/white/red cardigan sweater or a navy-blue fleece from a school approved vendor.

To show our support of our Buffalo Bills, we will have a Bills dress down day this Thursday.

Please remember that there is no school this Friday, 10/8 or Monday, 10/11. Enjoy the long weekend!!

God's Peace and Love,  
Mrs. Kwitowski

## CALENDAR CLUB

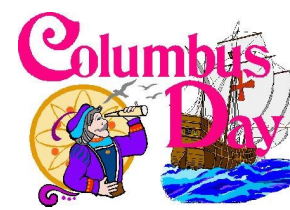
Sales of the 2022 Calendar Club sponsored by St. Mary of the Assumption Parish & St. Mary's Elementary School have begun.

See the flier attached to the NewsNotes today for more information!

Upon receipt of your \$20.00 donation, your name and number will be registered for all daily drawings for the year 2022. Winning numbers will be determined using a random number generator (000-999) and will be published at the beginning of the following month. All winnings will be determined by the amount of money indicated on each day of the calendar. \$50.00 is awarded on the first day of each month, with the exception of New Year's Day, when the prize is \$150.00. Each month has at least two days when the prize is \$50.00 or higher. All calendars not sold and returned by December 31<sup>st</sup>, 2021 will become the property of St. Mary's.

All winnings are paid at the beginning of the following month.

For more information, please contact Jessica Kulpit at [jesskulpit@gmail.com](mailto:jesskulpit@gmail.com).



## UPCOMING EVENTS:

- 10/7 - Dress Down Day - Bills theme
- 10/8 - **NO SCHOOL:** Staff PD
- 10/11 - **NO SCHOOL:** Columbus Day
- 10/20 - Picture Re-Take Day
- 10/27 - Progress Report Upload: K-8
- 11/5 - Christian Witness Mass, 8:30am
- 11/11 - **NO SCHOOL:** Veterans Day
- 11/12 - 10:45 Early Dismissal: P/T Conferences
- 11/24-26 - **No School:** Thanksgiving Recess
- 11/29 - 1:00 Early Dismissal: Staff PD
- 12/3 - Christian Witness Mass, 8:30

## BY THE NUMBERS

### SCRIP:

From 9/11/21 to 10/4/21, the Scrip rebate profit earned towards tuition was **\$1,052.12.**

Collectively, St. Mary's aims to sell \$30,000 in Scrip each month, with a monthly rebate goal of \$1,500.

October Sales to Date:	Annual Rebate Profit to Date (3/23-10/4/21):
\$7,885.00	\$7,604.09

For September, we were **\$11,965 OVER** our monthly sales goal!

### LITTLE CAESARS:

Sale Began: 9/15  
Sale Ends: TOMORROW 10/7  
Delivery Week: 10/25  
*Exact Date TBD, keep your eye on the NN*

### CANDY BAR SALE:

We are waiting for our shipment to arrive!  
Chocolate bars are just \$1.  
Payment is accepted via cash or check (payable to SME-HSA)

### CALENDAR CLUB:

Order forms are going home 10/6  
Available until sold out or 12/31/21

## LIBRARY

Good news!

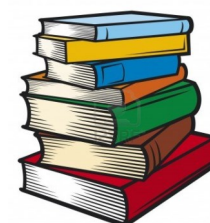
Regular library classes have resumed for grades PreK-5 in their classrooms this year.

Beginning this week, students in grades 2-8 will be allowed to check out one book (class books for projects, ELA, reading groups, etc. not included) for a period of one week. Like last year, a book request system will be in place.

Request forms will be available in each classroom and outside the library. Any student who would like to check out a book can fill out a request form and hand it in to myself or their classroom teacher. Requests will be filled when I am in school on Tuesdays and Thursdays, so depending on when a request is submitted, it could take a few days for it to be filled. As books are returned, they will be quarantined until they are safe to return to circulation.

If you do not want your child(ren) to check out books from the SME school library or if you have any questions, please email me at [kasin-skib@smeschool.com](mailto:kasin-skib@smeschool.com).

Happy reading!



## SME GEAR STORE

Our SME Gear store is almost ready to open! We will share the link as soon as we receive it.

This online store includes:

- 1/4 zip tech shirts (uniform approved, cold weather apparel)
- Hoodies (uniform approved, cold weather apparel)
- Long sleeve t-shirts (not to be worn as a uniform top)
- Winter Knit caps & masks!

Baseball Caps are available cash & carry in the school office (\$20 child or adult sizes)

## VOLUNTEERING

Volunteers who are here sporadically do not need to show proof of vaccination.

Volunteers who are here on a more regular basis (ie: lunch monitoring) will be asked to provide that information.

We are in need of assistance with our Little Caesars Pizza Fundraiser. Please see the flyer that went home last week for more information!

We appreciate your patience & understanding as we work to keep our school safe.

## FOOTBALL FRENZY

COMING SOON: We will kick off our new fundraiser, the Football Frenzy, in the next few weeks.

Tickets will be \$10 each and cash prizes are delivered December 2021-January 2022.

Volunteers will be needed to prepare the mailing/packets in October (can be done from home).

Chair: Melissa Mitchell  
Email: [melissa.mitchell514@gmail.com](mailto:melissa.mitchell514@gmail.com)  
Phone: (716) 465-9846



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## ST. MARY'S ELEMENTARY SCHOOL

2 St. Mary's Hill  
Lancaster, NY 14086

Phone: 716-683-2112  
Fax: 716-683-2134  
www.smeschool.com



UPON THIS HILL,  
WE DO GOD'S WILL



## SCRIP



Take advantage of Bonus Fest bonuses to raise more money on things you buy - without any extra effort. New offers are revealed every Friday!

Get the details: <https://www.facebook.com/ShopWithScrip/>

Bonuses start at 12:00 a.m. ET Friday and end at 11:59 p.m. ET Sunday

Offers will be announced each weekend.

All gift card types (eGift cards, physical cards, and money added to reloadable cards) are included.

### Gift card updates:

- ◆ If you purchase Kohl's gift cards online, please be sure to select the option with (SME) after the denomination to get the 5% rebate. Otherwise, the rebate is only 4%.
- ◆ If you purchase Tops gift cards online, please be sure to select the **Tops Markets** option, not just Tops, to get the 5.5% rebate. Otherwise, the rebate is only 4%.

*If you have any questions, please email us at [scrip@smeschool.com](mailto:scrip@smeschool.com). Thank you for your support of the Scrip program!*

Mary Kate DeMarzio & Joe Magiera  
Scrip Coordinators



## ATHLETICS

Please take a moment to read the letter coming home today from our new Athletic Director, Mr. Steve DeMarzio.

Contact information is included within that letter should you have any questions.

## S-O-S (SUPPORT OUR SCHOOL)

Active involvement of all of our families is necessary to keep school expenses to a minimum, encourage community involvement, and assure continued success of our school.



We hope to promote the true spirit of participation and volunteerism by inviting you to get involved!

A list of the events and fundraisers that we plan to hold throughout the year at St. Mary's was included with the NewsNotes on 9/15/21. Please save this sheet so that you have quick access to the information that you need. Events and their details are subject to change as we move through the year, and regular updates will be posted in the NewsNotes, church bulletin, on Facebook and the school & church websites.

If you are interested in helping out with any of the events listed, please reach out to the specific event chair (if provided), or our Events Coordinator, Mary Kate DeMarzio at [marykate@stmarysonthehill.org](mailto:marykate@stmarysonthehill.org).

**Your involvement is vital to the success of these events!**

## VOLUNTEER NEEDED

Are you a parent / grandparent with a few hours to spare during the lunch hour?

We are looking to add a volunteer to our lunch monitor crew. If you are interested please contact Mrs. Kuhn ([secretary@smeschool.com](mailto:secretary@smeschool.com)) for more information! Proof of vaccination is required.

## 12 DAYS OF CHRISTMAS

Tickets are \$30 each, or 3/\$75 and will be sold November-December. Daily cash prizes will be awarded December 25, 2021-January 5, 2022. Volunteers are needed to prepare the mailing in October (can be done from home).



Watch the NewsNotes for more information, or contact the chairs: Amanda Barton & Jenny Sparmo at [jennifersparmo@gmail.com](mailto:jennifersparmo@gmail.com), or (716) 713-0719.

## PARENT PORTAL

Parent Portal accounts have been created for all new families Kindergarten - Grade 8.

Please refer to the email you received and follow the directions within it.

If you have any questions, please contact Mrs. Nancy Jezuit ([jezuitn@smeschool.com](mailto:jezuitn@smeschool.com)).

## PE UNIFORMS

We have not yet received the PE Uniform orders. Once received we will distribute them to the students.

We have a very limited inventory available on hand in the school. If you find yourself in a position where you are in need of attire before our store opens again in the spring, please email Mrs. Kuhn so that the inventory can be checked.

## NURSE INFO

Nurse Tara is available Monday - Friday from 9:30am until 1:00pm.

Nurse Tara can be reached at:  
[nurse@smeschool.com](mailto:nurse@smeschool.com)  
683-2112 x128



## HOME SCHOOL ASSOCIATION (PTA)

The Home School Association (our PTA) is a vital group of volunteers who work to ensure the positive growth of our school community.

The HSA team will host a variety of fundraisers throughout the school year. Each fundraiser benefits the school and students directly.

If you are interested in joining our team of HSA volunteers, please contact Kristie May ([hsa@smeschool.com](mailto:hsa@smeschool.com)).



## 8TH GRADE INFO

If your child plans on attending a catholic high school next year you will need to complete the online application:

[https://catholicshwny.smapply.io/prog/application\\_for\\_admission\\_grade\\_9/](https://catholicshwny.smapply.io/prog/application_for_admission_grade_9/)

Please be sure to print and sign the confirmation email you receive upon completion and submit to the main office. Without this signed document, we are unable to submit a copy of your child's 1st report card to their 1st & 2nd choice catholic high schools.

If your child plans to shadow at any of the local high schools, please be sure to email the homeroom teacher and copy Mrs. Kuhn on it. Their daily attendance will reflect that they are shadowing. Please be sure to have your child check with their teachers to ensure they are not missing important material/tests.

## STAY IN THE KNOW



**Save the Date:** 10/8 No School

**Save the Date:** 10/11 No School

**Save the Date:** 10/20 Fall Picture Re-Take Day

**Save the Date:** 10/27 Progress Report Upload K-8

**Save the Date:** 11/11 No School

**Save the Date:**



# 2022 Calendar Club



Sponsored by

## **St. Mary of the Assumption Parish & St. Mary's Elementary School** *St. Mary's Hill, Lancaster, NY 14086*

*Bigger Prizes for Major and Minor Holidays and the First of  
Every Month All Year Long*

Numbers will be determined using a random number generator.

1. Upon receipt of your \$20.00 donation, your name and number will be registered for all drawings for the year 2022. Winning numbers are determined using a random number generator and will be published monthly on the parish website: [www.stmarysonthehill.org](http://www.stmarysonthehill.org).
2. All winnings will be determined by the amount of money indicated on each day of the calendar.
  - a. \$50.00 is awarded on the first day of each month, with the exception of New Year's Day, when the prize is \$150.00.
  - b. Each month has at least two days when the prize is \$50.00 or higher.
3. All calendars not sold and returned by December 31, 2021 become the property of St. Mary's.
4. All winnings are paid at the beginning of the following month.

***Please return the completed stub below with your donation of \$20.00 per calendar.  
All questions may be directed to Jessica Kulpit at [jesskulpit@gmail.com](mailto:jesskulpit@gmail.com) or (716) 254-0172***

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please select delivery method: \_\_\_\_\_ Mail \_\_\_\_\_ Rectory Pickup

\_\_\_\_\_ Send with St. Mary's student (child/teacher): \_\_\_\_\_

Return this stub with check payable to  
St. Mary's to:

St. Mary's Elementary School  
Attn: Calendar Club  
2 St. Mary's Hill  
Lancaster, NY 14086

If you would like to request a specific three (3) digit  
number, please list your choices here. Requests  
are filled on a first come, first served basis and run  
from **000-999**.

1. \_\_\_\_\_ 4. \_\_\_\_\_

2. \_\_\_\_\_ 5. \_\_\_\_\_

3. \_\_\_\_\_ 6. \_\_\_\_\_

For gifts, please complete the form on back.

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Please list the name, address and phone number for each gift recipient on a separate line.

1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_

How would you like the gift calendars to be delivered?  Mail  Rectory Pickup

Send with St. Mary's student (child/teacher): \_\_\_\_\_

Mail to gift recipients (list names): \_\_\_\_\_

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# ST MARY'S ELEMENTARY SCHOOL

2 St. Mary's Hill  
Lancaster, NY 14086-2033  
www.smeschool.com

Phone: (716) 683-2112

Fax: (716) 683-2134

*"...visible examples of gospel living"*

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## *A note from the Athletic Director...*

We are off to a great start with our Fall sports season with our Swim and Cross-Country teams. Although we are not yet able to participate in all sports, it has been great to see these two leagues begin.

As the school year progresses, we will learn more on our upcoming sports offerings, and what we will be able to participate in. To get ahead of this I would like to collect any interest from our parents in regard to coaching and coordinating any possible sports team that we may have. As you all know, we need the support of our parents to help coordinate and coach our athletes.

Please let me know if you have any interest in coaching for any of these sports: Volleyball (Boys / Girls), Swim, Cross Country, Basketball (Boys / Girls), Softball, Track & Field, Soccer or Baseball. In addition, let me know what grade(s) you would be able to coach and coordinate for.

I will continue to update everyone as we learn more about our sports opportunities and getting this initial list will help expedite the coordination of what we can participate in.

For those that are interested, there are two main items that coaches will need to ensure they have completed: 1.) All coaches and coordinators will need to be current with their VIRTUS trainings and bulletins and 2.) The NYSDOH has recently clarified that since school sports are an extension to the school, that all coaches must be either vaccinated or get weekly COVID testing just like teachers. The Diocese has informed all Catholic schools they must comply for fall sports.

Feel free to reach out to [athletics@smeschool.com](mailto:athletics@smeschool.com) should you have any interest in coaching or any questions around St Mary's sports program.

Thank you!

Steve DeMarzio; SME AD

# Celebrating The Year of Saint Joseph



## A Prayer of Blessing for Married Couples

We praise you, O God,  
we bless you, Creator of all things,  
who in the beginning made man and woman  
that they might form a communion of life and love.  
We give you thanks for graciously blessing the family life  
of your servants who have said yes to the Sacrament of Holy Matrimony,  
so that it might present an image of Christ's union with the Church.

### Monthly Theme

*Husband of  
Mary*

October 2

*Guardian Angels*

October 3

*Respect Life Sunday*

October 4

*St. Francis of Assisi*

October 7

*Our Lady of the  
Rosary*

October 18

*St. Luke*

October 19

*Ss. John de Brébeuf,  
Isaac Jogues, and  
Companions*

October 24

*Diocesan Wedding  
Anniversary Mass*

October 28

*Ss. Simon & Jude*

Therefore look with kindness upon them this day and every day,  
and as you have sustained their communion amid joys and struggles,  
renew their Marriage covenant,  
increase their charity,  
and strengthen in them the bond of peace,  
so that together with the circle of family and friends that surrounds them,  
they may for ever enjoy your blessing.  
Through Christ our Lord.

*Amen.*

*We congratulate all couples who will celebrate their 50<sup>th</sup>, 60<sup>th</sup>, or 70<sup>th</sup> anniversary of marriage this year! May Joseph and Mary be an example of love and sacrifice for us all!*

## A Prayer to Joseph, Defender of Life

Dearest Saint Joseph, at the word of an angel, you lovingly took Mary into your home. As God's humble servant, you guided the Holy Family on the road to Bethlehem, welcomed Jesus as your own son in the shelter of a manger, and fled far from your homeland for the safety of both Mother and Child.

We praise God that as their faithful protector, you never hesitated to sacrifice for those entrusted to you. May your example inspire us also to welcome, cherish, and safeguard God's most precious gift of life.

Help us to faithfully commit ourselves to the service and defense of human life—especially where it is vulnerable or threatened. Obtain for us the grace to do the will of God in all things. Amen.

**October 2021**

[www.buffalodiocese.org/year-of-st-joseph](http://www.buffalodiocese.org/year-of-st-joseph)

# *Celebrating* The Year of Saint Joseph

## **Monthly Theme** *Husband of Mary*

*As faithful “Husband of Mary” and father, Joseph cared for the Holy Family and defended life. How might we do the same to support families and to support lives in our circle of influence and care? This month, we offer a few suggestions.*



### **Care for What God has Created**

*While the “Season of Creation” will come to an end on October 4<sup>th</sup>, the Feast of Saint Francis of Assisi, the work of caring for God’s creation is never done! Why not choose an area of your community and clean it up with family and friends?*

### **Support Life — Support Lives**

*Have your family or even neighborhood collect money from water and soda bottle returns or another creative way to buy diapers or other supplies for mom and baby. Consider supporting your local St. Gianna Molla Pregnancy Outreach Center with your donations. Contact them at (716) 842-2229 or <https://www.buffalodiocese.org/st-gianna/>*



### **Calling All in Need!**

*A call on the phone or a call to God in prayer can be a welcome gift for someone who is isolated or feeling lonely for any reason. A quick note of encouragement to let them know they have your prayers can make all the difference in the world! Perhaps your family or parish could start a “prayer line” for specific intercessions. All of us need prayer!*

**October 2021**

[www.buffalodiocese.org/year-of-st-joseph](http://www.buffalodiocese.org/year-of-st-joseph)

# CHESTERTON ACADEMY OF BUFFALO

A JOYFULLY CATHOLIC, CLASSICAL HIGH SCHOOL

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**JOIN US FOR AN  
ADMISSIONS EVENT**

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**Open House - October 14th 6-8PM**

**Shadow for a Day**

**Meet & Greet Sessions -  
Mondays 8AM-12PM**



Register and Reserve Your Seat

Visit [www.buffalochestertonacademy.org](http://www.buffalochestertonacademy.org)

Call Admissions at 716.674.8101

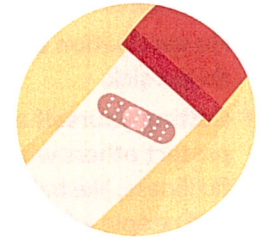
5331 Genesee St., Bowmansville, NY 14206





# Flu:

## A Guide for Parents



Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu causes millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that since 2010, between 6,000 and 26,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

### What parents should know

#### How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old and children of any age with certain long-term health problems are at increased risk of flu complications like pneumonia, bronchitis, sinus and ear infections. Some health problems that are known to make children more vulnerable to flu include asthma, diabetes and disorders of the brain or nervous system.

#### How does flu spread?

Flu viruses are thought to spread mainly by droplets made when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has flu virus on it and then touching their mouth, eyes, or nose.

#### What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

### Protect your child

#### How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccines are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Caregivers of children at higher risk of flu complications should get a flu vaccine. (Babies younger than 6 months are at higher risk for serious flu complications, but too young to get a flu vaccine.)
- Pregnant people should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination during pregnancy protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season.

#### Are flu vaccines safe?

Flu vaccines have an excellent safety record. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccines are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each person should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend an annual flu vaccine for all children 6 months and older.

#### What are the benefits of getting a flu vaccine?

- **A flu vaccine can keep you and your child from getting sick.** When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce risk of getting sick with flu by about 40 to 60%.
- **Flu vaccines can keep your child from being hospitalized from flu.** One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.
- **Flu vaccine can be life saving in children.**

A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with higher risk medical conditions



and by nearly two-thirds among children without medical conditions.

- **Flu vaccination also may make your illness milder if you do get sick.**
- **Getting yourself and your child vaccinated also can protect others** who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

## What are some other ways I can protect my child against flu?

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

Stay away from people who are sick as much as possible to keep from getting sick yourself. If you or your child are sick, avoid others as much as possible to keep from infecting them. Also, remember to regularly cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with flu viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others if you are sick. However, a yearly flu vaccine is the best way to prevent flu illness.

## If your child is sick

### What can I do if my child gets sick?

**Talk to your doctor early if you are worried about your child's illness.**

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long-term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

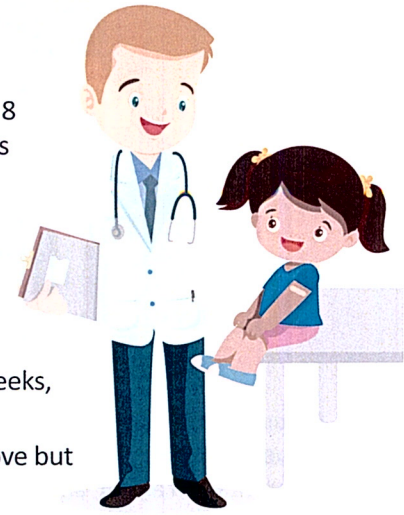
Children younger than 5 years old – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at higher risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

### What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- Fast breathing or trouble breathing
- Bluish lips or face
- Ribs pulling in with each breath
- Chest pain

- Severe muscle pain (child refuses to walk)
- Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- Not alert or interacting when awake
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions



This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

### Is there a medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant people.

### How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

### Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

### When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)\* or higher.

\*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

**For more information, visit**

**[www.cdc.gov/flu/protect/children.htm](http://www.cdc.gov/flu/protect/children.htm) or call 800-CDC-INFO**



**U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention**