



ANNUAL COLD & FLU SEASON

PINE TREE ISD STAFF IS WORKING THE FRONTLINE TO KEEP STUDENTS AND EMPLOYEES HEALTHY. THIS IS THE TIME OF YEAR WHEN WE BEGIN SEEING INCREASING ILLNESSES. WE STRIVE TO KEEP ALL AREAS CLEAN AND DISINFECTED, BUT WE COULD USE EVERYONE'S HELP WITH THIS.

1. KEEP HEALTHY STUDENTS IN YOUR CLASSROOM (HANDLE MINOR ISSUES WITH YOUR CLASSROOM FIRST AID KIT).
2. WASH HANDS OFTEN WITH SOAP AND WATER FOR 20 SECONDS.
3. AVOID TOUCHING EYES, NOSE AND MOUTH WITH UNWASHED HANDS.
4. AVOID CLOSE CONTACT SUCH AS HUGGING, SHAKING HANDS AND SHARING CUPS OR EATING UTENSILS.
5. COVER YOUR COUGHS AND SNEEZES WITH A TISSUE, AND PUT USED TISSUE IN TRASH.
6. CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES, SUCH AS TOYS, DOORKNOBS AND DESKS (ESPECIALLY IF SOMEONE IS COUGHING AND/OR SNEEZING).
7. IF YOU HAVE A FEVER (OVER 100), STAY HOME UNTIL NO FEVER FOR 24 HOURS WITHOUT THE USE OF MEDICATION.

THANKS, NURSE JAN

October 20, 2014

Pine Tree ISD Parents:

With the recent outbreaks of Ebola and Enterovirus as well as the upcoming flu season, Pine Tree ISD is taking precautionary measures to help prevent the spread of viruses.

The district's nurses are in regular communication with the Gregg County Department of Health as well as the State Health Department and Region 7 Education Service Center. These entities supply updated information to guide the district in decision making regarding these type of illnesses. Pine Tree ISD is working to ensure staff and students are informed of preventive measures as well as striving to keep all areas clean and disinfected.

The district would like to remind parents of the following preventive measures for students:

1. Wash hands often with soap and water for 20 seconds.
2. Avoid touching eyes, nose and mouth with unwashed hands.
3. Avoid close contact and refrain from sharing drinking cups and eating utensils.
4. Cover your coughs and sneezes with a tissue, and place used tissue in the trash.
5. Clean and disinfect frequently touched surfaces.
6. If a student has a fever (over 100), keep them at home until no fever is present for 24 hours without the use of medication.

Helpful links:

cdc.gov

Region 7 Education Service Center

Gregg County Health Department

Pine Tree ISD webpage

Thank you,

James Skeeler

Assistant Superintendent