



# LEE COUNTY

## SCHOOL SYSTEM

SUPERINTENDENT  
Jason Miller, Ed. D.

126 Starksville Ave., N.  
P. O. Box 399  
Leesburg, GA 31763-0399  
Phone (229) 903-2100  
Fax (229) 903-2130

BOARD OF EDUCATION

Frank Griffin  
Sylvia Vann  
Claire Lang  
Donna Ford  
Trey Newell

Dear Parents/Guardians, Faculty/Staff Members, and Students of Lee County School System:

We need your help in preventing the spread of influenza (“flu”). So far Georgia and the nation is experiencing very high influenza activity. Influenza can cause mild to severe illness. To ensure the safety and health of our students, families, and faculty, the Georgia Department of Health encourages you to know the signs and symptoms of influenza and the necessary steps to help reduce its spread.

Symptoms can include:

- Fever (although not everyone with flu has fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Tiredness
- Sometimes diarrhea and vomiting (generally in younger patients)

Steps to reduce the spread of flu/illness:

- The single best way to protect against the flu is to get vaccinated each flu season
- Cover your nose and mouth with a tissue when you cough/sneeze. Throw the tissue away and wash/sanitize hands.
- Cough/sneeze into the crook of your elbow.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people
- Stay home if you have flu-like symptoms until AT LEAST 24 hours after you no longer have fever (without the use of fever reducing medication)
- Clean and disinfect surfaces and objects that are touched often.

Thank you for your support in helping our schools, students, and families stay healthy and strong.

Respectfully,

Shannon Weeks, R.N.  
Lee County School System Nursing Coordinator