




MEMO FROM THE NURSE: MRS. CINDY KELLY

Dear Parents,

As you may already be aware, there have been a few confirmed cases of the flu and other ailments within our community. Please note the symptoms of the flu below and keep your child home if he/she is ill. We are encouraging the students to wash their hands more often and to not share items with each other. Please take this time to read the following information to assist in keeping your family and our school safe and healthy.

Here at school the teachers are wiping down desks daily. The custodian is wiping high touch spots such as railings and door knobs with anti-bacterial cleanser daily. There are anti-bacterial foam sanitizing dispensers at each end of the cafeteria and there will be more installed throughout the school in the next few days. Please call with any questions or concerns.

TAKE THESE SIMPLE STEPS TO PREVENT THE SPREAD OF SEASONAL INFLUENZA (FLU):

-  1. **Get the flu vaccine!** The CDC recommends that **all** children are vaccinated every flu season. Talk with your doctor about receiving the flu vaccine or Stratford Health Department
-  2. **Wash your hands!** Use soap and water to frequently wash your hands, especially before eating, and after coughing or sneezing.
-  3. **Avoid touching your eyes, nose and mouth!** Germs spread this way. When you cough or sneeze, use a tissue, wash your hands or use a hand sanitizer.
4. **Have your child bring a water bottle to school and avoid using the water fountains.**
5. **Be sure you and your children are getting plenty of rest!**

****For more information about the flu and flu prevention visit: www.cdc.gov/flu****

SIGNS and SYMPTOMS of the flu:

Fever
Cough
Sore Throat
Runny/ Stuffy Nose
Muscle /Body Aches
Headache
Fatigue
Nausea/Vomiting

*NOTE: not all symptoms will present with every case. When in doubt consult with your doctor.



When you should keep your child home:

- ✓ Have had a **fever** of 100.0 or higher **within the past 24 hours. Students must be fever-free WITHOUT fever reducing medication for 24 hours before returning to school.**
- ✓ Vomiting and/or diarrhea.
- ✓ Have copious yellow/green mucus discharge from the nose.
- ✓ Have a severe cough that would be disruptive to learning.

*****Please report any cases of the flu that have been confirmed by your health care provider to the school nurse.**