

March 2019

Dear Parent(s)/Guardian:

There has been a lot of media attention to the flu. As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to reduce the spread of flu in the Enfield Public Schools. We want to keep the schools open to students and functioning in a normal manner as the flu season continues. **But, we need your help.** Here are a few things you can do to help.

- **Teach your children to wash their hands *often*** with soap & water or an alcohol based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food, or unwashed utensils, and to cover their coughs and sneezes with tissues. If a tissue is not available, coughs and sneezes should be covered up with an elbow, arm or sleeve instead of their hand.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100° F, 37.8° C or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have a fever without using fever reducing drugs. Keeping children with a fever at home will help reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any child, who is determined to be sick while at school, ***will be sent home.***

Enfield Public Schools is working closely with the North Central District Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

Sincerely,

Trisha Vayda RN, BSN, NCSN
Nursing Supervisor

Additional resources:

www.flu.gov or 1-800-CDC-INFO for the most current information about the flu
www.ct.gov/dph or 860-509-8000 for the more information about the flu in our state
www.ncdhd.org or 860-745-0383 for the more information about flu in our community
www.enfieldschools.org/healthservices or 860-253-5544 for school updates