

SUFFIELD PUBLIC SCHOOLS

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Karen M. Berasi
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Director of Special Services



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Dear Parents/Guardians;

As many of you are aware, there have been a number of confirmed cases of the flu in Connecticut. In Suffield, the school nurses will be closely monitoring daily trends in illness in each of our schools. In order to do all we can to help prevent transmission of the flu, we would like to reinforce the recommendations of *The Centers for Disease Control* that will help to protect your child and family from the flu as it continues to emerge in our school community.

Talk about general health habits, hygiene and how germs are spread.

Having a discussion about the flu provides an excellent opportunity to reinforce healthy hygiene practices that will be protective not only during this flu season but for your child's general health. Washing hands correctly and frequently, covering coughs and sneezes with tissues, or coughing into the elbow are just a few of the habits to reinforce. Getting adequate rest and eating a nutritious and balanced diet also protect the body from contracting illness.

Closely monitor your child's health and keep your child home if sick.

Parents know their child the best. If your child seems more tired or cranky than usual, are showing even subtle signs of not feeling well, or have the first signs of true illness, your first step should be to take their temperature with a reliable thermometer. A child with an oral temperature above 100° F with associated symptoms of headache, cough, chills, body aches, and other signs may have an influenza-like illness. Please do not send your child to school if he/she is ill. Call your pediatrician as soon as possible for medical advice and diagnosis. Children may return to school when they are fever free for 24 hours without the use of any fever reducing medications. Early diagnosis is essential for the best course in treatment and recovery.

Medically fragile students.

Certain medical conditions can make a child more vulnerable to complications if they contract the flu. Please keep in close contact with your child's physician for their continuous recommendations. Contact the school if a doctor believes that your child needs to be excluded from school for an extended period of time.

We can all play a very important role in helping to minimize the spread of the flu within our schools and community if we work closely together on this. Keep your school nurse aware of why your child is absent from school so that we can continue to closely monitor the situation. Please feel free to contact the school nurse at your child's school with any questions or concerns.

Sincerely,

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A.W. Spaulding Elementary School
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