

November 5, 2009

Dear Parents and Guardians of students at North Middlesex Regional School District,

The District School Nurses would like to take this opportunity to share with you information on seasonal flu and H1N1. There are many simple measures you can take to help protect your child as well as others from the spread of influenza. All Influenza like illnesses (ILI) will be treated the same at N.M.R.S.D as per direction of the Massachusetts Department of Public Health (MPHH). The flu season is expected to begin earlier this year and involve various influenza viruses including seasonal and H1N1 viruses.

Please refer to Flu Symptom Checklist on our website for information on whether or not to send your child to school. The District Nurses are tracking influenza like illnesses and reporting this information to MDPH. We ask for your cooperation with the following.

- **Keep children with flu like symptoms and/or fever home from school.**
- **Children should remain home from school until they are fever free for 24 hours with out the use of any medication such as Tylenol or Motrin/Advil.**
- **Please leave a message on the absent line at your child's school stating the reason for absence. For example fever, flu like symptoms or tested positive for influenza.**
- **Keep the school Nurse informed of your child's status.**

Consider having your child vaccinated against both seasonal and H1N1 viruses when the vaccine becomes available. Please check with Primary Care Provider or [www.flu.masspro.org](http://www.flu.masspro.org) for vaccine clinics in your area.

It is important for us all to teach and reinforce good hygiene practices in order to help reduce the spread of influenza.

- Teach your children to wash hand often, wash for 20 seconds under running hot water and soap. When available water and soap are recommended over hand gels.
- Use waterless hand sanitizers when soap and water are not readily available. Gels, rubs and wipes should contain at least 60% alcohol. Monitor use of these products in small children to prevent possible ingestion.
- Teach children to cough or sneeze into their elbow, or tissue NOT THEIR HANDS. They should wash hands with soap and water after blowing nose, coughing or sneezing.
- Teach children to avoid touching their nose, mouth and eyes.

Please feel free to contact your child's School Nurse with any questions or check MDPH web site @ [www.mass.gov/flu](http://www.mass.gov/flu)

Thank you on behalf of our School Nurses

Barbara Conti

Director of Human Services