



MATTHEW BARRETT, Ed. D.
Superintendent of Schools

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Dear Parent/Guardian,

As you may know, flu can be easily spread from person to person. The Western Wayne School District is taking a proactive approach to help stop the spread of the flu virus. Please see below for some information on how you can help. Thank you in advance for your cooperation.

Here are a few things you can do to help:

- **Teach your children to wash their hands** often with soap and 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. Teach them to cover their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius 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 *or* do not have signs of fever without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home.
- **Keep your child's Emergency Information updated with current contact numbers.** It is imperative that we be able to contact you or your designated alternates if you are unavailable.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. Should you have any questions, please feel free to call us at 800-321-9973 and ask to talk to one of our School Nurses. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Matthew Barrett, Ed.D., Superintendent

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