

# Berlin Central

School District

PO Box 259, Berlin, NY 12022

## A Note from the Health Office

Dear Parents/Guardians

January 26, 2018

Cold and flu season is upon us. According to the Center for Disease Control, we are in the peak of the flu season and still have about 8 weeks to go! Here at school, we are taking our regular cold and flu season precautions to avoid the spread of illness. This includes disinfecting frequently touched surfaces and reminding our students and staff to wash their hands often. Below we have listed a few of our school exclusion guidelines as well as some preventative tips. As always, please keep your children home if they are sick. Let's work together to keep our school community and our homes as healthy as possible.

Remember, flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose and sore muscles.

1. **Fever-** 100 degrees Fahrenheit or higher, the student will be sent home and should remain home 24 hours fever free without fever reducing medications.
2. **Diarrhea-** occurrence of more than one episode at school and/or with additional symptoms. The student can return to school after 24 hours symptom free.
3. **Vomiting-** occurrence of more than one episode of vomiting and associated with other symptoms. May return to school after 24 hours symptom free.
4. **Runny Nose-** Students who cannot control their secretions and/or have green/yellowish-brown secretions need to remain home until symptoms improve.
5. **Coughing-** Excessive coughing contributing to the inability of the student to participate in class work or that is disruptive to other students.

If symptoms worsen or persist, see your healthcare provider to be evaluated.

### **Helpful Tips for Staying Healthy:**

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs. Wash hands often with soap and water.
2. Avoid touching eyes, nose and mouth.
3. Cover coughs and sneezes with a disposable tissue or use an elbow or arm if no tissue is available.
4. Do not share drinks, food, or unwashed utensils.
5. Get plenty of rest, eat healthy foods, and drink lots of water and healthy drinks.
6. Avoid people who are sick.
7. Disinfect surfaces that are prone to germs (ex. phones, keyboards, doorknobs, toothbrushes).

### **NOTE: It is NOT too late to get the flu vaccine!**

Please inform the school of any contagious illness. If you have any questions or concerns, call the Health Offices:

BES

Kathy Mason-Wagar, Nurse  
518-658-1500

MS/HS

Kathy Smith, Nurse  
518-658-1500

BES/MS/HS

Michele Corsey, RN  
518-658-1500