



Top 10 Tips for Preventing the Spread of Flu

1. Keep your child home from school or day care when he or she is sick.
2. Allow your child to return to school only when fever-free for at least 24 hours (no longer having a fever without use of fever-reducing medicines).
3. Cover your cough. Cough into your upper sleeve or into a tissue and discard properly.
4. Properly dispose of used tissues and other soiled items, and wash your hands after doing so.
5. Wash hands frequently and regularly, or use hand sanitizers when water is not readily available.
6. Regularly clean and disinfect areas and items likely to have frequent hand contact.
7. Contact your health care provider when your child or other family member is sick with the flu (symptoms include fever, cough, sore throat, runny nose, headache and body aches).
8. If you are not able to stay home with your child, plan ahead for how he or she will be taken care of when sick at home or if school is closed.
9. Have your child vaccinated against the flu every year.
10. Stay informed through:

www.health.state.pa.us

www.cdc.gov

www.flu.gov

For questions, call 1-877-PA-HEALTH



NORTH EAST SCHOOL DISTRICT

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Dear Parents,

Our first responsibility is for the safety and well being of the students of North East School District and we take this responsibility seriously. Therefore, we want you to be aware that we are taking steps to reduce the spread of flu. Our goal is to keep the school open to students and functioning in a normal manner during this flu season. **However, we need your help to do accomplish this goal!**

Here are a few activities 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 cover their coughs and sneezes with tissues. Covering up 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. 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 fever or do not have signs of fever, with using fever-reducing drugs.** Keeping children with a fever at home will reduce the number of people who may get infected.

On our part we are working closely with the Erie County Health Department and the Pennsylvania Department of Education to monitor flu conditions and make decisions about the best steps to take concerning schools. Currently, we are doing the following activities to prepare our staff and students:

- **All building level administrators and school nurses are being trained** thru webinars/readings on what to do if the flu season becomes more severe.
- **Nurses are going to review with faculty and students on the protocol** for healthy environmental conditions. Nurses will also be visiting classrooms to review with students proper hand washing and respiratory etiquette.
- **Alcohol-based hand sanitizers are being installed** in all classrooms and common areas.
- **Maintenance is going to regularly disinfect the classroom** desks and surface areas that students and faculty come in contact with.

We plan to keep you updated with new information as it becomes available. Please feel free to call your designated school nurse, building principal or my office if you have questions or concerns.

Sincerely,

James K. Brotz
Superintendent