



**ATTENTION
ALL PARENTS AND GUARDIANS**

WE NEED YOUR HELP NOW!

H1N1 (and other numerous illnesses) have been confirmed in our community this year. The Board of Education and the Trumbull Monroe Health District really need everyone's help in order to keep illnesses at a minimum. If you are not already following these practices, please begin immediately:

- If your child gets sick with influenza like symptoms, such as a cough, sore throat, headache, body aches or chills, vomiting, diarrhea or a fever, **s/he should remain at home to reduce the possibility of spreading the illness.**
- If your child develops a fever, keep them home at a minimum 24 hours after the fever subsides **without use of fever-reducing medication.** No child should be sent back to school earlier than 24 hours after having a fever. Faculty will work with students (makeup work) upon their return.
- If a child develops a hacking, persistent cough, keep the child home until the cough subsides. Secretions from mucous can live on a surface for several hours, increasing infection rates.
- Remind your child to cover their nose and mouth with a tissue when they cough or sneeze and throw the tissue in the trash after they use it; they can also cough into their elbow.
- Remind your child to wash their hands often with soap and water, especially after coughing or sneezing. Hand sanitizers are also effective.
- Remind your child to avoid touching their eyes, nose or mouth and to try to avoid close contact with people who are ill.

Thank you for implementing these recommendations and helping us to keep our students and staff healthy this school season. If you have additional questions, contact TMHD at 452-5195.

Sincerely,

Ralph M. Iassogna
School Superintendent

Patrice A. Sulik
Director of Health