

Dear Parent/Guardian:

As school nurses it is our number one priority to help keep your children safe and healthy. The school nurses in the Region 14 district are in constant communication with one another. We are working as a team to keep our school community healthy. We need your cooperation and assistance.

We have seen an increase in the number of children absent from school due to illness and we have had several confirmed cases of the seasonal flu. We realize that most illness is unavoidable.

With that, said we would like to remind you of the following guidelines set forth by the State of Connecticut and enforced by Region 14.

- Students who have had vomiting, diarrhea, fever or a rash should stay home until symptoms are gone for 24 hours without fever reducers (fever reducers include but are not limited to Tylenol, Advil and Motrin).
- Students who have been diagnosed with conjunctivitis or other contagious infections that require antibiotic therapy (such as strep throat, bronchitis, etc.) must have completed 24 hours of antibiotic therapy and be fever free (without fever reducers) prior to returning to school. A single dose of antibiotic treatment is not acceptable.
- Students who have persistent coughing and sneezing should remain home until the symptoms subside and the risk of spreading infection is reduced.
- Please be advised if diagnosed with the flu your child must be fever free for 24 hours without the use of fever reducers, prior to returning to school. Please refer to [www.cdc/flu/](http://www.cdc/flu/) for further information.

What can you do to protect yourself and your child?

- Stay away from people who are sick and stay home if sick.
- Cover coughs and sneezes with a tissue. Throw the tissue in the trash.
- Wash hands often with soap and water. If soap and water are not available, use hand sanitizer
- Avoid touching your eyes, nose or mouth. Germs spread this way
- Clean surfaces including, counters, sinks and door knobs frequently
- Talk to your doctor about the flu vaccine.

Students who attend school when they are sick are at a greater risk of contracting other illnesses, as well as spreading their illness to others. Please evaluate your child's level of wellness, before sending them to school.

The State of Connecticut has mandated all school nurses to enforce the 24 fever free policy. If your student is dismissed from school with a fever he/she cannot return the next day. Please keep in mind that their classroom teachers will not admit them into class and you will be called to pick up your child. We are doing everything possible to keep our school community safe.

Best of health and thank you for your cooperation.

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