



## Department of Nursing Services

December 2, 2025

Dear Families,

The holiday season is upon us! To support your family's health and wellness, we're sharing a few simple prevention strategies that, when used together, can significantly reduce the spread of common respiratory and gastrointestinal viruses.

### **Stay well from the inside out.**

Hydration, balanced nutrition, quality sleep, stress management, and regular movement all help keep your body strong. Caring for these basic needs puts you in the best position to fight off viruses and illness.

### **Practice frequent handwashing.**

Washing hands with soap and water is one of the most effective ways to prevent illness. If soap and water aren't available, use an alcohol-based hand sanitizer containing at least 60% alcohol.

### **Use good cough and sneeze hygiene.**

Cover your mouth and nose with a tissue when you cough or sneeze, or use your elbow if a tissue isn't available. Remember to wash your hands afterward to help prevent spreading germs to others.

### **Keep children home when they are sick.**

Students should stay home until they are fever-free for at least 24 hours *without* the use of fever-reducing medication, have no vomiting or diarrhea for at least 24 hours, and are feeling well enough to return to school.

### **Stay up to date on vaccinations.**

Vaccines help protect individuals from severe illness and reduce the spread of viruses in the community. [This link](#) provides the most up-to-date information on flu vaccines available to you and your family.

### **Learn more about respiratory illnesses.**

[This link](#) provides information on symptoms, treatment options, and current case rates in Connecticut. As always, reach out to your child's healthcare provider with any concerns about their health.

Wishing you and your family good health, joy, and a wonderful holiday season.

A handwritten signature in cursive script that reads "Emily Merritt".

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