

October 26, 2009

Dear Parents and Guardians,

Because we are now in flu season and seeing an increase in students with flu-like symptoms here at Nashua High School South, I write to remind you that we need your help in preventing the spread of flu among our students and staff.

We are working closely with the City of Nashua Division of Public Health and Community Services to monitor flu conditions. We will keep you up-to-date with new information when it becomes available by posting information on the District web site at www.nashua.edu and publishing information through eNews, the District's weekly electronic newsletter.

In the meantime, here is what you can do to help.

Follow Cough Etiquette

- Teach and encourage your child to cover his/her mouth and nose with a tissue or use their elbow when he or she coughs or sneezes; throw away the soiled tissue
- Teach your child not to share drinks, food, or unwashed forks and spoons

Clean Hands

- Teach your child to wash his or her hands often with soap and water or an alcohol-based hand rub
- Set a good example by washing your hands often

Stay Home If Ill

- Keep a sick child at home for at least 24 hours after she or he no longer has fever (100° Fahrenheit or 37.8° Celsius) or signs of fever, without using fever-reducing drugs; keeping a child with fever at home will reduce the number of people who may get infected, our school nurse, will contact you if your child is ill with flu-like symptoms and ask you to pick up him or her from school

Keep Informed

- Know the signs and symptoms of the flu: fever; cough, sore throat; runny or stuffy nose; body ache, headache; and fatigue; vomiting or diarrhea is seen less frequently

For additional information provided by the Centers for Disease Control (CDC), visit www.flu.gov or call 1-800-CDC-INFO (1-800-232-4636).

Thank you for your support in keeping our school community safe and healthy. When widespread illness is detected, there is always cause for concern. If you have further concerns, please contact me here at school at 594-43XX and at X@nashua.edu.

Sincerely,
Jennifer Seusing, Principal
NHS South