



Building Bridges for today's students to cross into tomorrow's world with equity, innovation and optimism

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Leonardo Macias
Director of Special Education

Dear Parents/Guardians:

The flu virus is continuing to circulate in our community and the seasonal flu season is just beginning. Cases of influenza have been reported in students/staff in our school. We would anticipate that additional cases will occur as the week's progress.

The flu can be easily spread from person to person, therefore we are taking steps to reduce the spread of flu in the Nyack Public Schools, such as:

- Reminding students and staff to hand wash continually throughout the day, scrubbing both the top and bottom parts under warm water to the tune of 'Happy Birthday' x2. School-wide announcements in the morning are conducted as well as teachers addressing this throughout the day in their classrooms.
- Reiterating school policy to sneeze into their sleeves, rather than hands, to reduce the spread of transmission.
- District facilities staff has increased the number of times per day in which they clean and sanitize shared surfaces.
- Asking students to not share pencils, pens and other personal items.
- Adhering to school protocol to remove students from school immediately who exhibit signs of illness; ie: temperature of 100.3 or higher, vomiting, diarrhea, and at the discretion of the school nurse.

Here are a few things you can do to help:

- **Do not send children to school if they are sick.** Parents/Guardians will be contacted to pick-up any children who are determined to be sick while at school. Please make sure your emergency contact information is up-to-date so we can reach you or an alternate care-giver if necessary.
- **Keep sick children at home for at least 24 hours** after they no longer have fever or do not have signs of fever without using fever-reducing drugs. Please keep sick children at home for at least 24 hours after vomiting and/or diarrhea have ended.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include:
 - Cough
 - Sore Throat
 - A Runny or Stuffy Nose
 - Body Aches
 - Headache
 - Chills
 - Tiredness
 - Sometimes Diarrhea and Vomiting
 - Fever 100 degrees Fahrenheit or greater (although not everyone with flu has a fever)

If your child gets sick, call your health care provider if you are worried about your child's illness, have any concerns that your child may be dehydrated or if your child has a chronic medical condition like asthma, diabetes, or heart or lung disease.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based rub. You can set a good example by doing this yourself.

Additional information regarding seasonal influenza can be found on the New York State Department of Health website at: <https://www.health.ny.gov/diseases/communicable/influenza/seasonal/>.

We thank you in advance for your vigilance in monitoring symptoms at home.

Leo Macias
Director of Pupil Personnel Services and Special Education