



CITY SCHOOL DISTRICT OF NEW ROCHELLE
515 NORTH AVENUE
NEW ROCHELLE, NEW YORK 10801-3416

BRIAN G. OSBORNE, ED.D.
SUPERINTENDENT OF SCHOOLS

BROOKE BALCHAN DO, FAAP
MEDICAL DIRECTOR

TEL: (914)576-4264
FAX: (914)632-3371

February 12, 2018

Dear New Rochelle School Community,

The annual flu season is here and several of our schools have confirmed cases of influenza. There can sometimes be confusion as to what the “flu” really means. Some may use the term to describe the common cold, vomiting and diarrhea (stomach flu), or most accurately, the viral respiratory infection caused by the influenza virus.

Infection with influenza can have very serious complications. The best protection against influenza is by getting your annual flu shot. Please contact your local pharmacy or health care provider to schedule a flu shot if you have not yet received one this season.

Please be reassured that our schools have implemented a very rigorous cleaning schedule in each building and have made hand sanitizer and sanitizing wipes available for all classrooms and offices.

We do ask that our students, family members, and employees monitor their health status and stay home and/or seek medical attention if feeling ill.

If your child is not feeling well:

1. Check their temperature before taking any fever-reducing medication
2. Keep them home if the temperature is 100° F or higher
3. If there is vomiting or diarrhea, stay home until symptoms resolve
4. Notify the school of your child’s absence and inform the nurse of any specific diagnosis
5. Keep your child home until the fever is gone for 24 hours without the use of a fever-reducing medication

Practice good hand hygiene:

1. Wash hands thoroughly or use hand sanitizer, especially after coughing or sneezing, before eating, and after being in public places or using the bathroom
2. Avoid touching your eyes, nose and mouth
3. Cover your cough or sneeze with a tissue or with your elbow

Get better and stay well by:

1. Eating nutritious foods
2. Drinking plenty of fluids
3. Getting adequate sleep at night
4. Remaining physically active
5. Managing your stress

Together we can help reduce the impact of illness in our school community. For any questions or concerns, contact your individual schools or the Health Services Department.

Sincerely,

City School District of New Rochelle