



City of Middletown

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DIRECTOR OF HEALTH

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Dear Parent,

The Middletown Health Department and Middletown Schools are working together to monitor conditions and help prevent the spread of influenza during the upcoming flu season.

Every school is being cleaned on a regular basis to help minimize the chance of contracting influenza virus from environmental surfaces. However, as you may know, flu is most easily spread from person to person so we are asking you to do the following:

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

Teach your children not to share personal items such as drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues (if a tissue is unavailable, cover coughs and sneezes using an elbow, or sleeve instead of the hand).

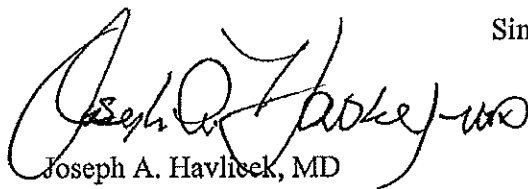
If the flu becomes severe, these additional steps may be taken to prevent:


- Conducting active fever and flu symptom screening of students and staff as they arrive at school
- Making changes to increase the space between people such as moving desks farther apart and postponing class trip
- Dismissing students from school for at least 7 days if they become sick

Hopefully, we will be able to keep our schools functioning normally and want to remain open without major disruption to students.

We will keep you updated with new information if and when it becomes available.

Sincerely,


Joseph A. Havlicek, MD
Director of Health


Michael J. Frechette, Ph.D.
Superintendent of Schools

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