

November, 2015

Dear CREC Families,

Influenza, also known as “the flu,” is a very contagious virus. It spreads by breathing in infected droplets in the air (from someone’s cough or sneeze) or touching something (such as a pen, table, spoon) contaminated with the virus. This virus can live up to eight (8) hours on an object!

Symptoms of influenza	Ways to prevent spreading and catching influenza
<ul style="list-style-type: none"> • Fever up to 104 degrees often with chills and shakes • Extreme fatigue or tiredness • Headache and body aches • Dry hacking cough • Runny nose but not often sneezing • Sore throat • Vomiting or diarrhea and belly pain 	<ul style="list-style-type: none"> • Wash your hands often with soap and water, using moisturizer afterward to prevent over-drying. • Cover your cough: cough into your elbow, not your hands, even if you have a tissue. If you do cough into your hands, wash them immediately. • Eat a balanced diet. (see www.choosemyplate.gov for more information) • Exercise regularly to keep your body strong • Get a good night’s sleep (at least 9 hours at night) • Drink plenty of fluids

The CT State Department of Public Health now requires that all preschool children receive at least one dose of flu vaccine between August 1 and December 31 each year. Your child in preschool will not be allowed to attend school unless documentation is provided to the school that indicates that your child received the influenza vaccine prior to December 31st, 2015.

Please contact your child’s health care provider to make an appointment for this vaccine or call 211 to find flu vaccine clinics available in your area.

Please do not hesitate to contact the nurse at your child’s school with any questions.

Sincerely,



David Cusick, RN, EMT-P, BS
 CREC, Assistant Director of Health Services