

# Health Update

## Information about Flu in Schools

Dear Parents/Guardians,

The Uxbridge Public Schools in coordination with Uxbridge Board of Health and Mass Department of Public Health are taking steps to reduce the spread of H1N1 flu in schools this year. Our goal is to keep our schools open and functioning in a normal manner during the coming flu season.

**Prevention is the best strategy and parents, we need your help.**

- **Teach your children to wash their hands often with soap and water.** You can set a good example by doing this yourself.
- **Teach children to cover coughs/sneezes and not share personal items,** like drinks, food or unwashed utensils and to cover their coughs/sneezes with tissues. Students should cover their coughs/sneezes using the elbow, arm or sleeve when a tissue is unavailable.
- **Know the signs and symptoms of flu.** Symptoms of flu include fever (100 degrees or greater), cough, sore throat, runny nose, body aches, headache and feeling tired. Some may experience vomiting or diarrhea.
- **Do not send children to school if they are sick.** Any children who are sick with above symptoms will be sent home.
- **Keep sick children at home until they are fever free for 24 hours without the use of fever-reducing medication.** Keeping children with a fever home will reduce the number of people infected.
- **When the vaccine becomes available get your children vaccinated.**

The CDC (Center for Disease Control) is recommending vaccinating school-age children against the H1N1 flu. The Uxbridge Schools is taking steps to coordinate a flu clinic in each school building this fall. The vaccine will not be available until mid-October but we will need to know how many children we will be vaccinating so that enough vaccine can be ordered. This is a voluntary vaccination and free of charge. **Please note that this is for H1N1 flu and not the seasonal flu...** We will be sending additional information on this as we receive it from DPH. More information is available on the Massachusetts Department of Public Health website: [mass.gov/flu](http://mass.gov/flu).