

SUFFIELD PUBLIC SCHOOLS

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Karen M. Berasi
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Dear Suffield Public Schools Families:

The Center for Disease Control (CDC) reports that flu activity is widespread across the U. S. and there are still many weeks left in flu season. It is important for everyone to take appropriate precautions, including receiving the influenza vaccination as recommended by the Center for Disease Control. Additionally, anyone experiencing signs and symptoms of the flu should seek medical advice from a physician, and **please do not send your child to school if he/she is not feeling well.**

According to the [CDC website](#), signs and symptoms of the flu include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in young children than in adults.

**It's important to note that not everyone with flu will have a fever.*

Over the weekend we took the precaution of having our custodians perform “deep cleanings” at McAlister and Spaulding schools. Next weekend all four buildings MIS, AWS, SMS, and SHS will be cleaned beyond standard cleaning. These efforts will continue every weekend throughout the Influenza season. However, please be aware that, according to the CDC, “Studies have shown that the flu virus can live and potentially infect a person for only 2 to 8 hours after being deposited on a surface. Therefore, special sanitizing processes beyond routine cleaning, including closing schools to clean every surface in the building, are not necessary or recommended to slow the spread of flu, even during a flu outbreak” <https://www.cdc.gov/flu/school/index.htm>

“CDC recommends a three-step approach to fighting Influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. This flyer contains information about everyday preventive actions.” [CDC flu everyday preventive actions](#)

We are asking teachers to remind students to:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean keyboards and phones.

Working together we can reduce the spread of the flu.

Sincerely,

A handwritten signature in black ink that reads 'Karen M. Berasi'.

Karen M. Berasi
Superintendent of Schools