

# Hanover Public Schools

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## Health Services

January 28, 2020

Dear Hanover Families and Staff,

As expected for this time of year, influenza activity is reported by the Centers for Disease Control (CDC) to be high in Massachusetts at this time. The Hanover Board of Health and the Hanover Public Schools Nurses have reported confirmed Influenza A and B in our community as well as other seasonal illnesses such as strep throat, pneumonia, and gastrointestinal illnesses. Our facilities department is working hard to increase the level of cleaning in all school buildings, especially commonly touched surfaces and common areas.

In an effort to help keep our community healthy, we would like to remind all families of best practices to prevent the spread of communicable diseases, as recommended by the Massachusetts Department of Public Health (MDPH) and the CDC:

1. Flu Vaccination: It is recommended that everyone over the age of 6 months be vaccinated for influenza every season. It is not too late to get vaccinated! Check with your health care provider for more information.
2. Everyday prevention: teach your child to wash his or her hands often with soap and water, cough/sneeze into a tissue or elbow.
3. Keep your child home when sick, especially when he or she has a temperature over 100.0. Your child may return to school when he or she is **fever-free for 24 hours without fever-reducing medication like Tylenol or Motrin** and is feeling better. Your child should also stay home if they have had vomiting and/or diarrhea due to illness within 24 hours.

You may check the CDC website at <http://www.cdc.gov/flu/index.htm> and the MDPH website at <https://www.mass.gov/influenza> for flu updates and information.

Please contact your health care provider or your school nurse if you have any questions.

Stay well!

Sincerely,

Patricia H. Smith BSN RN NCSN  
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