

Dear Parents and Guardians,

As we leave summer behind and enter the cold and flu season, our nursing department would like to remind families of our protocols for managing colds and viruses.

As we do with every episodic illness, the nurses monitor student absence rates and the number of students home for illness. We receive updates from the State Department of Education and our Medical Advisor as CDC health alerts. We are also in contact with the West Hartford Bloomfield Health District. While there have been no confirmed cases in West Hartford, the occurrence of the EV-D68 Enterovirus has been increasing recently. It can also present with symptoms similar to colds, flu, or seasonal allergies.

The school nurse assesses each student who visits the health office. Parents may be called for students with any or all of the following;

- a temperature of 100 degrees or higher.
- a persistent cough with/without wheezing.
- a runny nose that is not contained in a safe manner.
- a student whose health is deteriorating over the course of the day.
- a student who is not improving after the use of their asthma medications.
- a student who does not look well and exhibits any of the above symptoms or related gastrointestinal symptoms such as vomiting or diarrhea.

As always, good hygiene goes a long way to keeping illness at bay. We recommend that students:

- Wash their hands with soap and water, before eating, after using the bathroom and after blowing their nose.
- Keep their hands away from their eyes, nose and mouth.
- Refrain from putting non-food items in their mouth.
- Refrain from sharing drinks, food and utensils with others.
- **Remain home if they are sick.** *Remember, the use of fever reducing medication masks the symptoms of the illness (fever, body aches) while the remaining symptoms are still spreading the virus to others.*

You should contact your primary care provider if your child is not feeling better in three to five days or is experiencing worsening respiratory and/or gastrointestinal symptoms.

Thank you for your help in keeping all of our students healthy. Please feel free to contact our school nurse if you have any questions.

Your Partner in Education,  
Joy K. Wright  
Principal