

City of Middletown

JOSEPH A. HAVLICEK, M.D.
DIRECTOR OF HEALTH

DEPARTMENT OF HEALTH
245 deKoven Drive, P.O. Box 1300
Middletown, CT 06457-1300
TEL: (860) 344-3474 FAX: (860) 344-3588
TDD TEL: (860) 344-3521

Dear Parent,

The Middletown Health Department and Middletown Schools are working together to monitor conditions and help prevent the spread of influenza during the upcoming flu season.

Every school is cleaned on a regular basis to help minimize the chance of contracting influenza virus from environmental surfaces. However, as you may know, flu is most easily spread from person to person so we are asking you to do the following:

Teach your child to wash their hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective. You can set a good example by doing this yourself.

Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

Teach your children not to share personal items such as drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues (if a tissue is unavailable, cover coughs and sneezes using an elbow, or sleeve instead of the hand).

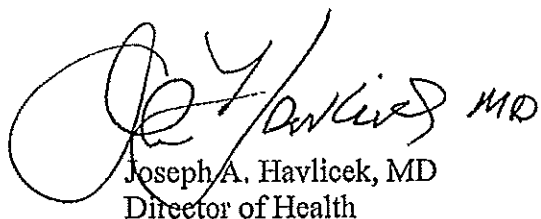
If the flu becomes severe, these additional steps may be taken:

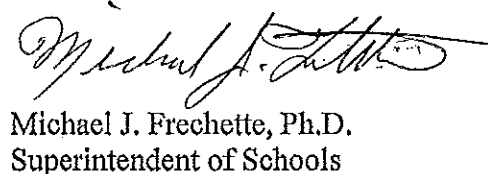
- Conducting active fever and flu symptom screening of students and staff as they arrive at school
- Making changes to increase the space between people such as moving desks farther apart and postponing class trips
- Dismissing students from school for at least 7 days if they become sick

Hopefully, our schools will be able to remain open and functioning normally without major disruption to students.

We will keep you updated with new information if and when it becomes available.

Sincerely,


Joseph A. Havlicek, MD
Director of Health


Michael J. Frechette, Ph.D.
Superintendent of Schools