

*Hull Public Schools*  
*Hull, MA 02045*

September 2009

Dear Parents/Guardians,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu within the Hull Public Schools. We want to keep the schools open to students and functioning in a normal manner during this flu season.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands often** with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100.4 degrees Fahrenheit, 38 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have a fever without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected. **Please follow the enclosed Flu Symptom Check List.**
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home.
- **Consider getting a flu vaccination this year.**

For more information (see attached flyer) and visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. We are working closely with the local and state departments of health to monitor flu conditions and make decisions about the best steps to take concerning schools. We will notify you of any additional changes to our school's strategy to prevent the spread of flu. Please feel free to call the school nurse at your child's school with any questions, concerns. Thank you.

Sincerely,

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