

KINGSTON CITY SCHOOL DISTRICT



**Cioni Administration Building
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Phone: (845)943-3006**

**Gerard M. Gretzinger
Superintendent**

**Sandra Miller
Assistant Superintendent for Student Services**

September 17, 2009

Dear Parents/Guardians:

As we begin a new school year, we would like to update you on the steps we are taking to prevent the spread of flu in the Kingston City School District. We want to keep schools open and functioning in a normal manner during the flu season. **We need your help to do this.**

We are working very closely with the Ulster County Health Department and our medical director, Dr. Woodley, to monitor flu conditions and make decisions about the best steps to take for our schools. We will keep you updated with any new information as it becomes available.

Here are a few things you can do to help.

- **Reinforce that your child needs to wash his/her hands** with soap and water or an alcohol-based hand rub often.
- **Remind your child that he/she should not share personal items.** This would include items like drinks, food or unwashed utensils. Children should use a tissue for coughs and sneezes whenever possible. If a tissue is not available, they should use the elbow, arm or sleeve instead of a hand when coughing or sneezing.
- **Know the signs and symptoms of the flu.** Symptoms of flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some children may also vomit or have diarrhea. **However, for all concerns about your child's illness, please do not hesitate to contact your child's physician.**
- **Please do not send your sick child to school** requesting that the nurse determine if your child has the flu. Keeping a child home, who is exhibiting any flu like symptoms, will help reduce the number of children who may get infected.
- **Keep sick children at home** for at least 24 hours after they no longer have a fever. This would include without using fever-reducing drugs.

We all must take personal responsibility for helping to slow down the spread of the virus by practicing the above mentioned steps in order to prevent the spread of flu.

Thank you for your cooperation in this matter.

Sincerely,

A handwritten signature in cursive script that reads "Sandra Miller".

Sandra Miller
Assistant Superintendent for Student Services