

Rockville Centre Union Free School District

Administration Building

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October 6, 2015

Dear Parents or Persons in Parental Relations:

Flu season is almost upon us. It is important to prevent the spread of germs from one person to another by washing your hands with soap and water often throughout the day. If you do not have access to soap and water you can use an alcohol based hand sanitizer. However, the best measure to reduce the spread of germs is hand washing.

Aside from hand washing, it is recommended to remain at home if you have a temperature of 100.4 or higher for at least 24 hours free of fever reducing medications, avoid the sharing of personal items such as drinking from the same cup, avoid touching your eyes, nose, or mouth since germs can enter your body, and cough and/or sneeze in the crook (inner elbow) of your arm or use a tissue to cover your nose and/or mouth then throw the tissue away.

These few tips can greatly reduce the spread of germs during this time of year. Let's work together to remain healthy. Any questions, please contact your health care provider or your school nurse.

Sincerely,

A handwritten signature in cursive script that reads 'Tara M. Algerio-Vento'.

Tara M. Algerio-Vento, FNP-BC

District Family Nurse Practitioner

Rockville Centre Union Free School District