

As we begin the begin the school year it is important that we work together to keep our children and families healthy. Viruses spread easily among children in schools and families with school age children have more infections than others. You can prevent the spread of colds, and other illnesses by following a few simple steps:

- Cover your nose and mouth with a tissue when sneezing and coughing and dispose of the tissue immediately.
- Cough and sneeze into the inside of the elbow area of your arm if a tissue is not available.
- Wash your hands frequently with soap and water for at least 20 seconds (the time it takes to sing "Happy Birthday" twice).
- If soap and water are not available, use one of the liquid hand sanitizers.
- Avoid touching your face with your hands since germs can enter the body thru the eyes, mouth and nose.
- Stay home if you are sick and have a fever to prevent the spread of illness to others.

Here at Hillside Avenue School all the students have been instructed in how to prevent the spread of germs. They have been told not to share water bottles, straws and food that they have touched. The classrooms, desks sinks, water fountains, door knobs and light switches are being cleaned frequently by our custodial staff. All rooms in the building have Purell dispensers which should be used when soap and water is not available. Students have been instructed to wash their hands before and after eating, after using the bathroom, after gym and when entering the school.

If your child is ill, please report their absence to the absentee hotline. The message states that you be specific about the reason for the absence.

For information regarding the seasonal flu and the flu vaccine, go to <http://cdc.gov/flu/parents/>.

If you have any questions or concerns, please contact the School Nurse.