



## NEW PALTZ MIDDLE SCHOOL



“STAR - Success Through Attitude and Responsibility”

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Mrs. Ann Sheldon  
*Principal*

Mr. Daniel Glenn  
*Assistant Principal*

Dear Parents and Guardians:

There have been several reported cases of the flu circulating throughout the Middle School. As such, I thought it helpful to send out some information regarding the flu and when to seek treatment. According to the CDC, it is believed that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

### **What are everyday preventive actions?**

- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands
- . • Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub
- . • Avoid touching your eyes, nose and mouth. Germs spread this way
- . • Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu

## What is the difference between a cold and the flu?

### Cold vs Flu

Signs and Symptoms	Cold	Influenza (Flu)
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual; lasts 3-4 days
Aches	Slight	Usual; often severe
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can be severe
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room:

- § Fast breathing or trouble breathing
- § Bluish lips or face
- § Ribs pulling in with each breath
- § Chest pain
- § Severe muscle pain (child refuses to walk)
- § Dehydration (no urine for 8 hours, dry mouth, no tears when crying)
- § Not alert or interacting when awake
- § Seizures
- § Fever above 104°F
- § In children less than 12 weeks, any fever
- § Fever or cough that improve but then return or worsen
- § Worsening of chronic medical conditions

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning. ([www.cdc.gov](http://www.cdc.gov))

As always, please call with any questions or concerns.

Kind regards,

Nurse Erin