

SCHOOL DISTRICT OF SPRINGFIELD TOWNSHIP
MONTGOMERY COUNTY

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Superintendent

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September 2009

Dear Parents/Guardians,

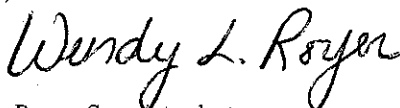
Our nurses and entire staff work together to assure a healthy environment for our students. To address current concerns, we will be following suggested guidelines provided by the Montgomery County Health Department to monitor flu conditions and assist us in making decisions regarding the health of our students. We ask you to assist us as we strive to keep our schools operating smoothly and functioning in a normal manner. We will provide you with ongoing, updated information on the district website. This information will be easy to locate in the UP FRONT section on the home page.

As you know, flu is easily spread from person to person. Here are several 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 practicing this at home.
- **Teach your children not to share personal items** such as drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. When tissues are not available, children should be encouraged to use their elbow, arm or sleeve to cover coughs and sneezes.
- **Know the signs and symptoms of the flu** including fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and fatigue. Symptoms may also include vomiting and diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have fever or do not have signs of fever without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may become infected.
- **Tell your child's school** the reason your child will be out "sick." In order to monitor the health of the children and staff, it will be vital that the entire school community works together and identifies influenza-like illness.
- **Please do not send your children to school if they are sick.** Any child who is determined to be ill while at school will be sent home.
- **Please be sure the emergency contacts** you have listed for your children are available during school hours. These contacts need to know that the school may contact them to pick up your child when you are not available. It is imperative for you to have a backup plan in place.

For more information about the presence of flu in our community and what our schools are doing, visit www.sdst.org. We will also notify you of any additional guidelines and procedures we may deem necessary to prevent the spread of flu. I encourage you to contact your school nurse if you have any questions or concerns about your children's health.

Sincerely,



Wendy L. Royer, Superintendent