

Conard High School

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*Diversity is our Strength
National Exemplary School*

September, 2014

Dear Parents and Guardians,

As we leave summer behind and enter the cold and flu season, our nursing department would like to remind families of our protocols for managing colds and viruses.

As we do year-round and with every episodic illness, the nurses monitor student absence rates, and the number of students sent home for illness. We receive updates from the State Dept of Education and our Medical Advisor as well as CDC health alerts, and contact with the West Hartford Bloomfield Health District. While there have been no confirmed cases in West Hartford, the occurrence of the EV-D68 enterovirus has been in the news recently. It can also present with symptoms similar to colds, flu, or seasonal allergies.

The school nurse assesses each student who visits the health office. Parents may be called for students who have any or all of the following;

- a temperature of 100 degrees or higher.
- a persistent cough with/without wheezing.
- is not improving after the use of their asthma medications.
- has a runny nose that they are not able to contain in a safe manner.
- a student whose health is deteriorating over the course of the day.
- a student who does not look well and exhibits any of the above symptoms or related gastrointestinal symptoms such as vomiting or diarrhea.

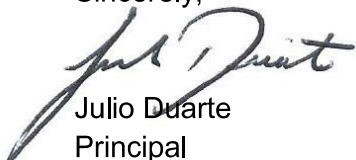
As always, good hygiene goes a long way to keeping illness at bay. We recommend that everyone:

- Wash their hands with soap and water, before eating, after using the bathroom, after blowing their nose.
- Keep your hands away from your eyes, nose, mouth. Do not put non-food items in your mouth.
- Do NOT share drinks, food, utensils with others.
- Remain home if you are sick. The use of fever reducing medication masks the symptoms of the illness (fever, body aches) while the remaining symptoms are still spreading the virus to others.

You should contact your primary care provider if you are not feeling better in 3 to five days or you are experiencing worsening respiratory and/or gastrointestinal symptoms.

Thank you for your help in keeping all of our students healthy. Please feel free to contact our school nurse or myself if you have any questions.

Sincerely,



Julio Duarte
Principal