

MIFFLIN COUNTY SCHOOL DISTRICT

201 Eighth Street - Highland Park

Lewistown, Pennsylvania 17044

TELEPHONE (717) 248-0148

FAX (717) 248-5345

James A. Estep, Superintendent

Vance S. Varner, Director of Secondary Education

Melinda K. Kenepp, Chief Financial Officer

Dear Parents and Guardians,

At this time, we would like to share some important information about influenza and also coronavirus (COVID-19). While we are hearing about both of them a lot lately, we are mostly concerned with the continued outbreaks of influenza in our area. Because influenza or “flu” can be easily spread from person to person, we are asking for your assistance to help reduce the spread of flu at our school district. We want to work with families to keep the school open to students and functioning in a normal manner during this flu season.

Here is what you can do to help:

- ***Teach your children to wash their hands often*** with soap and water for at least 20 seconds or use an alcohol-based hand rub. Adults can set a good example by doing this too.
- ***Teach your children not to share personal items*** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. If tissues are not available, coughs and sneezes can be covered with the elbow, arm or sleeve instead of hands.
- ***Know the signs and symptoms of the flu.*** Symptoms of the flu include fever (100 degrees Fahrenheit or 37.8 degrees Celsius or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- ***Keep sick children at home*** for at least 24 hours after the fever is gone without using fever-reducing drugs. By keeping children home when they have a fever, we can reduce the number of new people who may get infected. If a student is sent back to school before the 24-hour fever free period, the school will re-send the student back home in accordance with school policy.
- ***Do not send children to school if they are sick.*** Children who are determined to be sick while at school will be sent home.
- ***Check with your doctor about getting yourself and your children vaccinated for seasonal (regular) flu and H1N1 flu.***

According to the CDC, there is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is **to avoid being exposed to this virus.** However, as a reminder here are ways that we can stop or slow the spread of respiratory infectious diseases, such as COVID-19:

- ***Wash your hands often*** with soap and water for at least 20 seconds or use an alcohol-based hand rub. Washing hands often under clean, running water can help prevent the spread of germs.
- ***Avoid touching your eyes, nose, or mouth.*** Germs spread this way.
- ***Cover coughs and sneezes.*** Use a tissue to cover coughs and sneeze, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow.
- ***Avoid close contact with people who are sick***
- ***Stay home when you are sick.***
- ***Clean and disinfect surface or objects.***

Thank you for your assistance in helping reduce the spread of the flu at Mifflin County School District.

Sincerely,

The Mifflin County School Nurses