



Milton Town School District

42 Herrick Avenue, Milton, VT 05468-3097 (802) 893-3210 Fax: (802) 893-3213

www.mtsd-vt.org

Martin Waldron, Superintendent

Donald P. Johnson, Business Manager

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Milton Schools. We want to keep our schools open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are taking the following steps immediately to reduce the spread of flu in our schools.

- Students will be asked to wash hands or use hand sanitizer when they arrive at school as well as before and after lunch.
- Students with a fever of 100° or greater will be sent home and will not be readmitted until the student has no fever for 24 hours. No student sent home with a fever will be readmitted until the 24 hour period to demonstrate that he/she is without fever is complete.
- School Nurses will continue to monitor the health of the students as they do each day.
- Students exhibiting flu like symptoms (fever, coughing, sore throat, aching body) and waiting in the Nurses' offices will be asked to wear a mask to reduce the spread of germs.

If the flu becomes more severe, we may take additional steps to prevent the spread such as:

- Conducting active fever and flu symptom screening of students and staff as they arrive at school,
- Dismissing students from school for at least 7 days if they become sick.
- Closing school for a period of time

We are working closely with the Vermont Departments of Health and Education to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

Here are a few things you can do to help:

- **Update your emergency contact information and make sure that you have a plan for your child if the school closes during the school day or if school must close for 5 or more days.**

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- **If you or your child is sick with flu like symptoms and stay home from work or school, call your school nurse** (MES: 893-3215 ext. 1323) (MMHS: 893-3230 ext 159) so that we have an accurate count of the number of students with these symptoms.
- **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 doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), 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* 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 get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home*.

For more information, and visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. Additional information will also be posed on the District website: www.mtsd-vt.org. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Martin Waldron,
Superintendent

Elementary School Nurses: Evelyn Carroll, Mary Alice Daley, Sue Gower,
(802-893-3215, ext 1323)

Milton Middle/High School Nurses: Karen Reid, Robin Woods Brisson
(802-893-3230, ext 159)

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