March 6, 2020

Dear Students, Parents and Community Members;

Each flu season Brookfield CSD takes preventative measures to help reduce the spread of viruses and bacteria. This year the emergence of the Coronavirus (COVID-19) has created additional factors to take into consideration. The district’s Health Committee has reviewed and considered guidance from public health officials in developing a district plan for this flu season. We recognize that this flu season is an evolving situation and as more information and research is made available, our procedures may be revised to reflect the new information and understanding.

A small sample of our existing and normal procedures are:

- All classrooms, gymnasiums, cafeterias, restrooms, offices, common spaces etc. are cleaned each night. Many of these spaces are also disinfected and will now be cleaned during the school day also.
- School buses will receive additional cleaning/sanitizing.
- Cafeteria tables are washed after each lunch period and will receive additional cleaning
- Proper hygiene is taught and encouraged.
- The amount of time allocated in the school day for students to wash their hands will be increased and encouraged to be used properly.

Public health officials have long identified strategies that are most effective in managing issues for influenza. Many of these same strategies apply to the Coronavirus (COVID-19) also. Public health officials have recommended personal protective measures that include:

- Get a seasonal flu vaccine – it’s not too late! Call your primary care provider or stop by any pharmacy as many now offer flu shots.
- Cover coughs and sneezes in your elbow or sleeve and always use a tissue.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- If you feel ill, stay at home in order to protect yourself and prevent the spread of germs and contact your personal physician for assessment and direction.
- Wash your hands frequently and thoroughly with soap and warm water for at least 20 seconds to avoid spreading any germs to others, or use an alcohol-based hand sanitizer.

Also, attached is some useful information for your review.

If you should have any questions please do not hesitate to contact our School Nurse, Juliette Jones, RN at 315-899-3323 ext. 207.

Sincerely,

James Plows, Jr.
WHEN TO KEEP A CHILD HOME WITH ILLNESS

It can be hard to know when to send children to school if they tell you that they do not feel well. Usually, the best place for them is in school, but there are some times when keeping them home to rest or call for an appointment with your health care provider is recommended.

Please keep your child home and/or contact your child’s doctor for:
- Fever greater than 100.4° (taken by mouth)
- Vomiting and/or diarrhea within the last 24 hours
- Severe sore throat along with fever and feeling ill for more than 48 hours, or after exposure to Strep throat infection
- Honey-crusted sores around the nose or mouth or rash on other body parts
- Large amounts of mucous (liquid) from their nose, with face pain or headache
- Severe ear pain or fluid coming from the ear
- Severe headache, especially with fever

If your child has a fever, it is not a good idea to give them medicine like Tylenol or Advil and send them to school because as soon as the medicine wears off, the fever may return and you will be called to come and pick up your child.

Please keep children home for 24 hours after the fever ends or they have completed 24 hours of medication if prescribed by your health care provider.

If you find your child is frequently asking to stay home from school, if they are falling behind or appear anxious about school, or if there does not appear to be any physical symptoms, contact your school nurse and your health care provider to discuss your concerns.

Remind children to throw away used tissues, cover their mouths when they cough or sneeze, keep their hands away from their face, and to wash hands often with soap and warm water will help keep everyone healthier.

Please call us with any concerns or questions.

Juliette Jones RN, School Nurse
Brookfield Central School

(315) 899-3323 ext # 207
Protect Your Children and Others from Flu During the School Year

Parents and guardians:
You can protect the health of your children by teaching them to practice healthy habits during the school year. When children get sick with flu, they may be able to spread it to others for a longer period of time than adults. Plan to keep your children home if they’re sick. By practicing healthy habits, you and your family will be doing your part to help prevent the spread of flu.

Take these actions to help keep your family well:

Get your family vaccinated.

Plan to keep them home if they’re sick.
- If your children get sick at school, make plans to pick them up as soon as possible.
- Keep your children home for at least 24 hours after their fever is gone without using medicine that lowers fever.

Make sure they cover their nose and mouth with a tissue when they cough or sneeze.
- Throw away dirty tissues.
- Use their sleeve or elbow if they don’t have a tissue.
- Wash or sanitize their hands.

Teach them to wash their hands often at home and at school.
- Wash with soap and water for at least 20 seconds (the time it takes to hum the “Happy Birthday” song twice).
- Provide hand sanitizer with at least 60% alcohol in case they don’t have soap and water.

Clean frequently touched surfaces and objects.
- Use soap and water, a bleach and water solution, or products with a label that says “EPA-approved” to clean items, such as toys and TV remotes.
- Always follow the directions on product labels.
Handwashing and Hand Sanitizer Use
at Home, at Play, and Out and About

Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don’t kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer
- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.
- Do NOT use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.
How should I use?

Soap and Water
- Wet your hands with clean running water (warm or cold) and apply soap.
- Lather your hands by rubbing them together with the soap.
- Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- Rinse your hands under clean, running water.
- Dry your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer
Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.
- Apply. Put enough product on hands to cover all surfaces.
- Rub hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it’s dry; it may not work as well against germs.

For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.