



ROCKY POINT UNION FREE SCHOOL DISTRICT

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SCHOOL HEALTH OFFICES

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Dear Parents/Guardians,

Rocky Point Union Free School District Health Services are asking parents to support public health practices as we face an early and growing influenza impact. Toward that end, students should come to school only as long as they are **not** sick nor do they have symptoms of influenza-like illness. Symptoms include fever (over 100 degrees Fahrenheit), cough OR sore throat, runny nose, muscle pain and fatigue.

If you or your child become ill and experience any of the following warning signs, seek emergency medical care:

In children, emergency warning signs that need urgent medical attention include: Fast breathing or trouble breathing; bluish skin color, not drinking enough fluids, not walking upright or not interacting, irritable to the point the child does not want to be held, Flu-like symptoms improve but then return with a fever and cough worsens, fever with a rash.

In adults, emergency signs that need urgent medical attention include: difficulty breathing or shortness of breath, pain or pressure in chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting.

If you suspect your child is getting the flu, it is essential that he/she does not attend school or go anywhere else-such as childcare, the mall, or sporting events-where other people would be exposed to flu germs. It is also important to teach your children how to reduce their risk of getting the flu and protect infection of others from infection, with practices including the following:

- Washing your hands often with soap and hot water for at least 20 seconds is ideal (about as long as singing 'Happy Birthday' twice).
- Cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Do not cough or sneeze into your hands.
- Keep your hands away from your face and avoid touching your mouth, nose and eyes.
- As a parent/guardian please use these healthy habits to set a positive example.

If your child does contract the flu, he/she may return to school when symptoms of the flu are no longer present. This includes remaining out of school for 24 hours after a fever is no longer present without the use of fever reducing medication.

If you have any questions regarding this important health matter, please contact the health office in your child's school.

Sincerely,

The Health Office Staff