



MASCONOMET REGIONAL SCHOOL DISTRICT
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2/7/17

Dear Parents and Guardians,

According to latest report from the Massachusetts Department of Public Health, Influenza (Flu) and Influenza-like illness is widespread in Massachusetts. Therefore, it is no surprise that many students at Masco have developed flu-like illness. It's not too late to protect yourself and your family from getting sick with the flu this season. Call your health care provider or your local board of health, or visit a local pharmacy, and get vaccinated against the flu.

The main symptoms of the flu include fever >100 and cough and/or sore throat. Some people also have a runny nose, body aches, headache, chills, and feel tired. Some people also have diarrhea and vomiting. Please keep your child home if they have a fever of 100 degrees or higher with a cough OR sore throat. Your child should be fever-free for 24 hours without acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) before sending them back to school. More resources for parents and others about the Flu can be found on the [CDC Flu web site](#).

Below is a great resource about the Flu specifically developed for parents:

- <http://www.mass.gov/eohhs/docs/dph/cdc/flu/the-flu-guide-for-parents.pdf>, "The Flu Guide for Parents"

Please contact the School Nurse if you have any further questions.

Sincerely,

Gwen Lemire
Masconomet Middle School Nurse