



MATER DEI

A CATHOLIC PREPARATORY SCHOOL

March 5, 2020

Dear Parents/Guardians:

We have seen an increase in absenteeism due to influenza-like illness. We are working closely with all staff, families and our cleaning service to monitor this situation and prevent further spread of the illness. Mater Dei Prep is also following any additional state and CDC recommendations as they are communicated to us regarding Coronavirus preparedness.

Influenza is a contagious respiratory illness and can cause mild to severe illness. Flu vaccinations are available at your private physician's office, walk-in clinics, and many pharmacies. In addition, you can take everyday precautions to help stop the spread of germs including:

- Avoid sick people
- Wash your hands frequently, avoid touching your eyes, nose and mouth
- Sanitize public items like shopping carts, airline seats, doorknobs, etc.
- Clean and disinfect surfaces that may be contaminated with flu germs
- Contain your coughs or sneeze
- Stay home when you are sick. Do not send sick children to school. People with the flu, or influenza-like illness should remain at home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicine.

Influenza symptoms can include: fever, cough, sore throat, runny/stuffy nose, muscle or body aches, headache, fatigue (tiredness), diarrhea and vomiting. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

There is no test available for Covid-19 (Coronavirus), nor medication to treat this disease other than over the counter cold and flu medications. Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk of serious illness.

Schools, working together with local health departments, have an important role in slowing the spread of diseases to help ensure students have safe and healthy learning environments. Please feel free to contact me with any questions.

In Good Health,

Ms. Michele Wood-Petry, RN

Cc: Debra Serafin, Principal