

# SCHOOL UNION 76

BROOKLIN – DEER ISLE-STONINGTON CSD – SEDGWICK

## Office of the Superintendent

*"It Take a Whole Community to Teach a Child"*

**Christian M. Elkington**  
Superintendent  
celkington@su76.org

**Kathleen Glennon**  
Director of Special Services  
kglennon@su76.org

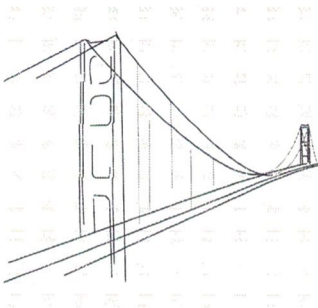
**Rhonda Eaton**  
Assistant to the Superintendent  
reaton@su76.org

**Michelle Beckwith**  
Accounts Payables  
mbeckwith@su76.org

**Amy Billings**  
Payroll & Benefits  
abillings@su76.org

**Tiffany Dauk**  
Special Services Assistant  
tdauk@su76.org

**Whitney Brown**  
Receptionist  
wbrown@su76.org



251 N. DEER ISLE ROAD  
UNIT 1  
DEER ISLE, ME 04627

(207) 348-9100  
Fax (207) 348-9103

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Dear Parents and Guardians,

I am writing to you to share some important information regarding the spread of influenza (the flu) in Union 76 schools.

As you have no doubt seen or read, influenza activity in Maine is widespread with confirmed cases of influenza reported in all Maine counties. Our nursing staff and administration is monitoring closely through the Maine Center for Disease Control (CDC) to check conditions and make decisions about the best steps to take when flu occurs. We can't do this alone and that means we really need the help of students, parents, guardians and staff. Here are a few things you can do to help:

- Teach and remind your child(ren) to wash their hands often with soap and water.
- Teach and remind your child(ren) not to share personal items such as drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. **Please teach your child that it is recommended to use their elbow, arm or sleeve to cover their coughs and sneezes when a tissue is unavailable.**
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100+ degrees Fahrenheit), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Have a plan. Please think ahead to anticipate how you will deal with the needs of your child(ren) or other family members if they are ill with the flu.
  - o If your child has special medical needs, please consult your physician in preparation for how the flu might affect them.
  - o **Keep sick children at home for at least 24 hours after they no longer have a fever or do not have signs of fever (without using a fever-reducing medication).**
  - o If your child is absent because they are exhibiting any flu-like symptoms, please inform the school.

Students who exhibit flu-like symptoms at school will be taken to the nurse's office and parents will be contacted to pick sick children up promptly. For more information about flu in our communities, visit [Maineflu.gov](http://Maineflu.gov). Attached to this email you will find a pamphlet titled "*The Flu: A Guide For Parents*" with several helpful hints. If you have any further questions, please feel free to contact your child's school nurse.

Very truly yours,

Christian M. Elkington

Superintendent of Schools