



# EAST ALLEGHENY SCHOOL DISTRICT

Mr. Roger A. D'Emidio

Superintendent of Schools

E-Mail: [rdemidio@eawildcats.net](mailto:rdemidio@eawildcats.net)

Tele: (412) 824-8012 Ext. 151

Fax: (412) 824-1062

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Dear Parents/Guardians:

As you may know, flu can easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in the East Allegheny School District. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the Centers for Disease Control (CDC) and the Allegheny County Health Department (ACHD) to monitor flu conditions and make decisions about the best steps to take concerning schools. Our website ([www.eawildcats.net](http://www.eawildcats.net)) will be updated with new information as it becomes available.

While we are doing everything we can to keep our school functioning as usual, here are a few things you can do to help –

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils and to cover their coughs and sneezes with tissues. They should cover up their coughs or sneezes using the elbow, or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include a fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home for at least 24 hours AFTER they no longer have fever or do not have signs of fever, without using fever-reducing drugs.** Keeping children with a fever at home will reduce the number of people who may get infected.
- **DO NOT SEND CHILDREN TO SCHOOL IF THEY ARE SICK. Any children who are determined to be sick while at school will be sent home. If your child was sent home the day before and you send your child to school, please know that your child will be sent back home immediately.**

Additionally, the CDC does not recommend sending your child to school with a face mask. After 2 hours, face masks are no longer effective. More information on the flu and masks can be found at the CDC website, [www.cdc.gov](http://www.cdc.gov) or the ACHD website, [www.achd.net](http://www.achd.net).

Your children are our highest priority and we appreciate your continued support.

Sincerely,

A handwritten signature in black ink that reads "Roger A. D'Emidio".

Roger A. D'Emidio  
Superintendent

RAD/lrs