

September 28, 2016
Bristol Public Schools Health Bulletin

With the onset of mild fall weather and our student's returned to school, it is not uncommon to find localized outbreaks of many common childhood ailments including:

- Lice
- Scabies
- Bedbugs
- Poison Ivy
- Fifth Disease
- Hand Foot and Mouth Disease
- Common Cold
- Stomach Flu

Beginning in the fall, these and other common ailments often occur as sporadic outbreaks throughout the school year in our classrooms and schools as well in many other public schools across the state.

In efforts to keep all of us healthy and ailment free, I am encouraging you to *conduct regular and thorough checks* of your child's head, hair and skin as well as personal belongings including:
clothing
outerwear
backpacks
other personal items

In addition, talk with your child about *good hygiene habits* including:

- regular showering and hand washing
- covering nose and mouth while coughing/sneezing
- keeping hands away from face
- not sharing water bottles, hair brushes/combs, hats or other personal belongings with others

Children complaining of rashes or other common ailments while in school will be sent to the nurse's office for examination and *you will be immediately contacted*. If your child is ill, he/she should remain at home until all symptoms subside. *Children who attend school while sick can and will infect all those nearby*, including adults.

Your child's school nurse is a great resource for health questions and concerns you may have throughout the year. You can access detailed prevention and treatment information on all of these common ailments and more by going to the CDC website at www.CDC.gov.

Keeping our children and ourselves healthy is a *team effort* – If we work together to minimize common childhood ailments, *we all benefit*.

Thank you for all you do to keep all of our children safe, healthy, and learning in the Bristol Public Schools.

Sincerely,

Ellen Solek, Superintendent
Bristol Public Schools