

**TULLY CENTRAL SCHOOLS**  
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<http://tullyschools.org>

**MARY ANN MURPHY**  
7-12 Principal

**ROBERT J. HUGHES**  
Superintendent of Schools

**EDWARD KUPIEC**  
Pre-K-6 Principal

**PAUL SCHIENER**  
7-12 Assistant Principal

**BRADLEY R. CORBIN**  
School Business Administrator

**CRISTY BOBBETT**  
Dir.Special Ed./Asst. Pre-K-6 Principal

January 26, 2018

Dear Parent or Guardian:

We are entering the time of year when we see influenza (flu) and other respiratory viruses at school. We wanted to write to enlist your help in keeping our students healthy and ready for learning.

Respiratory infections, such as the flu and common colds, are spread when people come in close contact with others who are sick, inhale airborne droplets or come in contact with surfaces contaminated by the virus. Some flu viruses are known to live up to 24 hours on contaminated hard surfaces and contribute to the spread of illness. The flu can be contagious to others beginning 1 day before you have symptoms and up to 5-7 days after you begin having symptoms, or longer.

Flu and colds symptoms can sometimes be difficult to tell apart, hopefully this may help:

	<b>FLU</b>	<b>COMMON COLD</b>
<b>How it begins</b>	Sudden/Abrupt	Gradual
<b>Cough</b>	Common and can be severe	Mild to moderate
<b>Muscles</b>	Muscle aches are common and can be severe	None to mild aches
<b>Chest Discomfort</b>	Common can be severe	Mild
<b>Stuffy, runny nose</b>	Sometimes	Common
<b>Sore Throat</b>	Sometimes	Common
<b>Tiredness</b>	Common and can be severe	Mild
<b>Fever</b>	Common, lasting 3-4 days; May be high grade	None to low grade
<b>Headache</b>	Common	Rare
<b>Complications</b>	Bronchitis/Pneumonia	Earache/Sinus infection

If you suspect that your child may have the flu call your doctor right away. Anti-viral medication is available to help lessen the severity and duration of the flu. The flu can be serious for children of all ages, causing them to miss school, activities, or even be hospitalized. Additionally if cold symptoms persist or worsen, please make an appointment with your healthcare provider to be evaluated.

(continued)

We take the health of our students seriously and work very hard to keep these viruses from spreading.

You can help us maintain a healthy school environment in a variety of ways: Keep sick children home, especially if you suspect they may have the flu, are vomiting, have a severe cough, or they have a fever of 101 degrees or higher. Children should be fever free for 24 hours without any fever reducing medication before returning to school.

Make sure your children receive all recommended immunizations, including an annual flu vaccine.

Reinforce preventive behaviors encouraged at school such as: cover your mouth when coughing or sneezing with a tissue, arm or elbow, wash hands frequently, avoid touching the eyes nose or mouth, and avoid sharing cups, water bottles or utensils.

It's also important to make sure children get plenty of exercise, sleep, and healthy food.

Thank you for your support!

Sincerely,

Melody Scanlon R.N.  
Tully Jr. Sr. High School Nurse

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