



Windham Ashland Jewett  
CENTRAL SCHOOL DISTRICT

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Dear Parents/Guardians:

This letter is to inform you that there have been documented cases of influenza among the student body at WAJ. This letter is not meant to alarm anyone. It is only meant to inform our WAJ community and to be vigilant with the care of our students if they show any signs of the flu.

Symptoms of the flu start suddenly unlike a cold. They include fever, chills, cough, sore throat, runny/stuffy nose, muscle/body aches, headache, vomiting or diarrhea. Other complications include pneumonia, ear infection and dehydration. If your child is experiencing any of the following emergency warning signs, you should go to the emergency room. They include rapid breathing or trouble breathing, bluish or gray skin, dehydration (not drinking enough, not voiding, or severe vomiting), lethargy/sleepiness, irritability, fever, rash, and a sudden return of symptoms which are more severe.

The flu is contagious from 1 day prior to having symptoms, up to 5-7 days (or longer in some cases). The flu is usually spread when someone with the flu coughs, sneezes, or touches a surface with the flu virus on it, and then touches their mouth or nose.

The best way to prevent the flu is to get the influenza vaccine. Frequent hand washing and avoiding contagious people with the flu are also important. If you think you have been exposed, call your physician for advice. They may order an antiviral medication to help prevent the flu or lessen the symptoms if you are already sick.

If your child has the flu, he/she should stay home to rest and avoid giving the flu to other children and staff. Students should stay home for at least 24 hours after their fever has broken (without fever reducing medicine) and when all their symptoms are gone. Be sure to give your child plenty of fluids and contact their healthcare provider.

For more information, you can go to: [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-cdc-info or [health.ny.gov/flu](http://health.ny.gov/flu).

Sincerely,

  
Gabrielle Gonzalez RN

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