

THE SCHOOL DISTRICT OF PHILADELPHIA  
JULIA R. MASTERMAN LABORATORY AND DEMONSTRATION SCHOOL  
1699 SPRING GARDEN STREET  
PHILADELPHIA, PENNSYLVANIA 19130

TELEPHONE (215) 299-4661

FAX (215) 299-3425

March 2, 2020

Dear Parent or Guardian,

This is just a reminder to prevent widespread flu and virus in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. Some other important tips to prevent the spread of infection are below.

Wash your hands regularly with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer. Here is a three-minute video from the CDC about proper handwashing: <https://youtu.be/eZw4Ga3jg3E>.

Cover your nose and mouth with a tissue when you cough or sneeze—and remember to wash your hands afterwards.

Avoid close contact with sick people. Students and staff with influenza symptoms, including a fever, a cough or sore throat, should stay home and not attend school or participate in other group activities for at least 24 hours after the fever resolves. For flu prevention tips, visit [www.cdc.gov/flu/prevent/actions-prevent-flu.htm](http://www.cdc.gov/flu/prevent/actions-prevent-flu.htm).

Clean and disinfect frequently touched surfaces and objects that may be contaminated with germs.

Avoid putting your fingers in your mouth, ears or eyes.

If you experience concerning symptoms, such as severe cough, difficulty breathing, and dehydration, please contact your health care provider immediately for advice.

Please let me know if you have any questions.

Sincerely,

Amy Shalala

School Nurse

215-400-7580 ext. 1