



JUSTIN ELICKER  
MAYOR

# CITY OF NEW HAVEN

## COMMUNITY SERVICES ADMINISTRATION

### DEPARTMENT OF HEALTH

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MARITZA BOND, MPH  
DIRECTOR OF HEALTH

Dear Parent or Guardian:

The new year has arrived and with it, many seasonal illnesses. To prevent the spread of colds, flu, and other illnesses, we recommend that your child stay home from school and to call/visit their doctor if your child has any of the following:

- General flu symptoms (such as fever, cough, body aches, chills, stuffy/runny nose, feeling tired/weak).
- General stomach illnesses (such as diarrhea or vomiting, which may/may not occur with fever).

The Connecticut Department of Public Health recommends the following measures to protect your child's health:

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds or if not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.

In addition to these recommendations, the Centers for Disease Control and Prevention (CDC) has travel recommendations in response to the novel Coronavirus from Wuhan, China at <https://wwwnc.cdc.gov/travel/>.

**A child who has a fever should remain at home until "fever-free" for at least 24 hours without any medication for fever.** A child who has started medication/antibiotics needs to be on it for at least 24 hours before returning to school. Keeping a sick child at home will prevent the spread of illness in the classroom and in the community.

New Haven Director of Health Maritza Bond adds that "as we continue to experience a high-activity flu season in New Haven that has yet to peak, you can help to prevent the spread of flu and other respiratory illnesses by remaining focused on your health. This will not only protect you, but also those with weaker/compromised immune systems and other conditions that could increase the effects of the flu."

For more information please visit: <https://www.cdc.gov/flu/index.htm> and <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**To help protect your child from flu, the New Haven Health Department is offering free flu shots for children at its Health Clinic at 54 Meadow Street, 1<sup>st</sup> Floor (Phone: 203-946-8181) Monday to Friday 9am– 5pm.**

Thank you in advance for your help to make this school year as healthy as possible.

Sincerely,

Maritza Bond, MPH  
Director of Health