January 8, 2020

The School Nurses would like to share the following information with our MSAD#1 communities. The Maine Centers for Disease Control (Maine CDC) has informed us that there is widespread influenza present in the State of Maine.

Please see the information provided below from the Maine CDC to help prevent the spread of influenza.

**Recommendations for Prevention: Maine CDC recommends following the “No Flu 4 You” guidelines which include:**

- **Wash your hands:** Both the general public and healthcare providers should remember to wash their hands frequently to prevent transmission of influenza
- **Cover your cough:** Use tissues, or cough into your sleeve
- **Stay home when you are sick:** Symptomatic individuals should remain home until 24 hours after fever resolves without the use of medications
- **Get Vaccinated:** Maine CDC recommends vaccination for everyone aged 6 months and older, especially for those people who are at high risk of serious complications from influenza.

Influenza vaccine is provided at no-cost by the state of Maine for children under the age of 19 years. Although the 2019-2020 Seasonal Influenza Vaccine is no longer available through MSAD#1, the vaccine is still available through healthcare providers and many local pharmacies. The 2019-2020 Seasonal Influenza Vaccine offers protection in 14 days. For questions about vaccination please contact the Maine Immunization Program at 800-867-4775 or through immunizeme@maine.gov.

As always, please feel free to call the MSAD #1 School Nurses if you have further questions.

Sincerely,

Deb Raymond, RN BSN
Health Services Director