

Eustis School Department

Stratton School

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Dear Families,

I would like to kindly remind everyone as we enter cold and flu season to use the following measures to help prevent the spread of germs and viruses.

Ask children to:

- Wash hands often with soap and water, especially after coughing or sneezing.
- Cover nose and mouth with a tissue or elbow when they cough or sneeze.
- Avoid touching their eyes, nose, or mouth. Germs spread this way.
- Stay home when sick until at least 24 hours after they no longer have a fever without the use of fever-reducing medicine.

Flu vaccination is recommended for everyone 6 months of age and older unless they have a specific contraindication to flu vaccine.

Flu vaccine is available at your doctors office, locally at Western Maine Pharmacy, Walgreens, and other locations.

Please reach out if you have any questions.

Sincerely,
Cortney Klemperer, RN
Stratton School Nurse



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