

Date _____

Dear Parents and Guardians,

During the past 24 hours our school has experienced a high number of absences due to gastrointestinal illness.

Most illnesses of this nature are spread from person to person. So the key message of this letter is to continue to reinforce good handwashing among all family and household members. Good handwashing should consist of using good scrubbing or friction for 20 seconds. Hands should be dried completely after washing.

We recommend following these preventative guidelines:

- Wash hands after using the toilet
- Wash hands before handling food or eating
- Promptly clean and disinfect surfaces that become soiled with vomit or diarrhea
- Do not send foods in to share if someone at home is ill
- **Ill children should remain home 24-48 hours after symptoms have resolved**

We will be taking the following measures at school as well:

- Restrict the sharing of foods brought from students'/staff members' homes
- Intensify cleaning of all frequently touched areas in the school
- Redouble our efforts to promote handwashing prior to every snack or meal
- Exclude ill students and staff from school until at least 24-48 hours after symptoms have resolved

If your child has become ill with any gastrointestinal type illness (nausea, vomiting, diarrhea, or stomach pain) and you have not already alerted the school, please contact the school at _____ (*phone*) and provide as much information as possible regarding the illness.

These recommendations have been decided upon after consultation with the Maine Center for Disease Control and Prevention. If you have any questions or concerns, please feel free to contact the Maine CDC at 1-800-821-5821.

Thank you for your help in controlling this sudden onset of illness.

Sincerely,
