

## FROM THE NURSE'S OFFICE

### Illness/Health Update at Lisbon Central School

Absences due to illness over the past two weeks at LCS have increased. In comparison to prior flu seasons, this year's season is turning out to be a very busy one! If you have not received your flu shot, now is the time to get one.

As a reminder, always:

- **wash your hands**
- **cover your cough**
- **PLEASE stay home if you're sick**

If your child has been out of school due to illness, your child may return when

- your child is fever free for 24 hours **without** fever-reducing medication, **and**
- your child's symptoms have improved significantly after experiencing symptoms of infectious diseases, such as the Flu and RSV.

Anyone testing positive for COVID-19 should notify the School Nurse or Attendance Secretary and complete the 5-day isolation protocol according to the CDC. If you have any questions, please call the nurse's office.

### Required Flu Vaccinations for Pre-K Students

**All Pre-K students are required to get their flu shots before December 31<sup>st</sup>.** If your Pre-K child has not yet received their flu vaccine, please call your healthcare provider ASAP to make an appointment. The nurse's office needs a flu vaccine on file for this school year to meet the State of Connecticut influenza requirements for Pre-K. The Uncas Health District will offer clinics every Thursday in December from 12:00 pm-5:00 pm targeting the pre-k and childcare children who require their flu shot before returning to school in the new year. Call the Uncas Health District office at (860) 823-1189 for an appointment.

### Stay Up to Date with COVID-19 Vaccines

According to the CDC, children and adults should stay up to date with COVID-19 vaccines. Updated bivalent boosters became available on September 2, 2022. When gathering with people from multiple households, consider taking a COVID-19 test before the event to further reduce risk.