



# Charlotte Valley Central School

*“Empowering Students Today to Conquer the Challenges of Tomorrow”*

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Mr. James Harter, Superintendent  
Mr. Thomas Molle, Principal

## ***Clusters of Gastrointestinal Illness – Stomach Flu***

Dear Parents/Guardians,

There are a number of cases of “stomach flu” in staff and students at your child’s school.

At this time of year, certain viruses can cause this illness. For one to two days, your child might be very ill, not want to eat, complain of stomach pain, vomit, have diarrhea, and a slight fever. They should get better without having to take any medicine. Please make sure your child is drinking lots of fluids, “peeing” about every 2 hours and making tears when they cry. If they say they are very thirsty and have a dry mouth, they might be getting dehydrated, and you should call your private health care provider.

If your child is coming down with this illness, please do not send them to school. Call your health care provider to let them know that the school is seeing more cases of “stomach flu” and notify your school nurse. Your child should not return to school until 24 hours after they last vomited or until they are 24 hour symptom free.

Please tell your children to wash their hands, throw away used tissues, cover their mouth when coughing or sneezing and not to share foods or anything else that goes into their nose or mouth. They should try to keep their hands away from their faces. You can also show them how to cough and sneeze into their elbow “Dracula style”.

If you have any questions, please call your health care provider, and do not hesitate to contact the school nurse. Thank you for helping your child learn about good hand washing, and keeping your child home until he/she is well enough to learn.

Sincerely,

Christina Losie, RN

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