



New Wave Self-Defense
400 Warwick Ave.
Warwick R.I. 02888
www.NewWaveSD.com
(401)-781-3480

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in New Wave Self Defense. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the RI Health Department to monitor flu conditions and make decisions about the best steps to take. We will keep you updated with new information as it becomes available.

If the flu becomes more severe, we may take additional steps to prevent the spread such as:

- making changes to increase the space between people such as refraining from partner exercises, and
- dismissing students from school for at least 7 days if they become sick.

For now we are doing everything we can to keep our martial arts school functioning as usual. Here are a few things you can do to help:

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand sanitizer. You can set a good example by doing this yourself. We also have sanitizers at the school for your child to use on his/her way in.
- **Teach your children not to share personal items** like sparring gear, drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues; covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable. We will emphasize these practices at the school.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any students who arrive sick will be sent home.

For more information, see the attached flyer and visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, call 401-781-3480. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

New Wave Staff