



CITY OF PEABODY
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January 22, 2018

Dear Staff and Families of the Peabody Public Schools,

The Peabody Health Department has received reports that a number of individuals from our community have been diagnosed with influenza and/or are experiencing flu-like illness over recent weeks. The state of Massachusetts is experiencing a similar increase in the number of reported flu cases.

This is a reminder to stay home and/or keep your child/children home if they experience influenza-like illness. This is defined as:

Fever greater than 100°F (37.8°C), AND cough or sore throat (in the absence of a known cause). Additional symptoms may include headache, runny nose and/or body aches.

Also, remember that children may only return to school once they have been fever-free for 24 hours without the use of fever-reducing medicine.

It is not too late to get a flu shot. The flu shot may lessen your chances of getting sick with flu, and may make your symptoms milder if you do end up getting the flu. If you need assistance in locating a flu shot, please contact our Public Health Nurse at (978) 538-5926.

For more information about preventing flu or caring for someone with flu, visit www.mass.gov/flu.

Thank you for your cooperation. Feel free to contact us at (978) 538-5926 if you have additional questions.

Sincerely,

Sharon Cameron
Director of Health
City of Peabody

Brenda Wolff
School Nurse Leader
City of Peabody