

April 28, 2009

Dear Parents,

This letter is to inform you that the State of New York has entered a heightened surveillance stage resulting from the presence of a swine flu virus that is making people sick in several states, including New York State, and also in Mexico. Although, to date, only mild illness has occurred in the United States, we realize that many people are worried and we hope this letter will help address your concerns. Despite confirmed cases of swine flu in a private school in Queens, New York City, the health department is advising schools to remain open and that students can safely attend classes (with the exception of the school in Queens at which confirmed cases were discovered).

At this time, the state and local health departments have advised us that students can continue to come to school, as long as they are not sick and do not think they have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with swine flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as group childcare, the mall, or sporting events—where other people would be exposed to flu germs. If you or your child is ill, contact your health care provider. It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection.

- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
- Teach your children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.

- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—not your hands!
- Help your children to learn these healthy habits by setting a good example and always doing them yourself.

If we all practice good hygiene, health officials believe we can limit the spread of swine flu at this time. Health officials will be advising schools regarding best cleaning practices for infection control in our buildings. We will continue to monitor the situation and will keep parents informed of any changes. Thank you for your cooperation in keeping our children and our school healthy.

Sincerely,

Tisha White  
Acting Superintendent