

Saranac Central School District

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Dear Parents,

This letter is to inform you that the State of New York has entered into a heightened surveillance stage from the presence of a swine flu (H1N1) virus that is making people, especially children, sick. In an effort to control the spread of such viruses, please be advised that your child **will** be sent home if he/she has symptoms of the flu, as listed below.. **It is very important that all families have an alternate child care plan in place.**

Flu-like symptoms include: fever (100 degrees or over) cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with the H1N1 flu virus including muscle pain, fatigue and sometimes vomiting and diarrhea.

What do I do if my child is sick?

- **Keep sick children home.** Call your family doctor if you have questions.
- Have the sick child drink lots of clear fluids, such as water, broth, sports drinks, to keep them from becoming dehydrated.
- Keep the sick child comfortable. Rest is important.
- For fever, sore throat and muscle aches, you can use fever-reducing medicines that your doctor recommends based upon your child's age.
- If someone in your home is sick, keep him or her away from those who are not sick, in a separate room and away from other family members if possible. .
- Children should stay home for 24 hours after the fever has gone.

How can my family and I keep from getting the flu?

- 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 "Happy Birthday" song twice).
- 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 hand.
- Stay away from people who are sick; if this cannot be done, try to maintain a distance of at least six feet.
- Be sure that your child receives a vaccine for the H1N1 virus. Clinics may be offered at school this fall through the Clinton County Health Department. Further information will be provided, when available.

Please stay informed by paying attention to media reports. You may also get information at www.cdc.gov, www.clintonhealth.org or the 24 hour toll-free hotline (1-800-808-1987) that New Yorkers across the State can use to get answers to their questions. Please feel free to call your school nurse.

WE'RE COUNTING ON EVERYONE TO HELP KEEP OUR SCHOOL A SAFE AND HEALTHY PLACE