

East Windsor Public Schools

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Dear Parents and Guardians:

As we begin another school year, I would like to advise you of important health information provided by the North Central Health District, our school nurses, and the US Department of Health and Human Services. As you are most likely aware, the H1N1 influenza virus (also called the Swine Flu) has caused concern among health professionals and educators alike. While H1N1 is relatively mild for most of the population, as with any contagious disease, we must take precautions to minimize the risk of infection and contain the spread of the disease by those who have contracted the virus.

I am enclosing the most recent recommendations from the Centers for Disease Control (CDC) below, for your information. Additional information from the schools will be forthcoming as the CDC revises its recommendations. We are also investigating possible health policy revisions in light of this virus.

- The most effective way to protect people from the flu and other illnesses is to keep sick people away from healthy people. If your child is sick, you must keep your child home. Staying home when sick stops the spread of the flu and other illnesses and helps the sick person get well.
- School closings are not advised for a suspected or confirmed case of novel influenza (H1N1) and, in general, is not advised unless there is a magnitude of faculty or student absenteeism that interferes with the school's ability to function.
- The CDC recommends that individuals with influenza-like illness **remain at home until at least 24 hours after they are free of fever** (100 degrees or greater), or signs of a fever, **without the use of fever-reducing medications**.
- Students, faculty and staff who appear to have an influenza-like illness at arrival or become ill during the day should be isolated promptly in a room separate from other students and sent home.
- Aspirin or aspirin-containing products should not be administered to any confirmed or suspected ill case of novel H1N1 influenza virus infection in which the patient is under the age of 19, due to the risk of Reyes syndrome. Please refer to the website below or ask your physician for guidance regarding the use of any medications, especially those containing aspirin (<http://www.cdc.gov/h1n1flu/clinicians>).

- Students who are ill should not attend alternative child care programs, or congregate in other neighborhood or community settings, until they have made a full recovery.
- Please review the attached action step plan for the protection of your child and family, and visit www.flu.gov for more information regarding the novel influenza H1N1 virus.

As we did in the spring, we will continue to monitor for any outbreaks of the virus in our schools. We will also provide periodic updates as they become available; please check the district website at www.eastwindsorschools.org for more information.

If you have further questions, please contact Mildred C. Hildebrand, RN, the East Windsor Public Schools Nursing Supervisor at 860-654-0094.

Sincerely and in good health,

Timothy S. Howes
Superintendent of Schools

Mildred C. Hildebrand, RN
District Nursing Supervisor