

## **H1N1 FLU PREPARDNESS FOR THE 2009 SCHOOL YEAR**

In view of the severity of this year's flu strain, I urge you to consult your doctor regarding the appropriateness of flu shots for you and your children. Please take medical advice from your doctor not the media or celebrities.

Please review the schools' policy, which is attached to this note. Each of you signed a copy of this policy prior to enrollment.

It is more important than ever to abide by this policy. When in doubt please err on the side of caution and keep your child at home. The following are the most common symptoms of the flu; fever, body aches, lethargy, nasal congestion, runny nose, deep cough, diarrhea and possible vomiting. Remember, temperature must be normal for 24 hours before returning to school.

We will continue to follow our procedure of caring for children by isolating any child we feel is too sick to be in school until he/she can be picked up from school. If we all take extra care this year we can help to limit the spread of this more serious flu.

I want to take this opportunity to thank you in advance for your cooperation in taking the following precautions:

1. **Sanitize** – Wash your hands frequently with soap and water (**the Day School's policy has always been washing hands upon arrival at school and frequently thereafter**). The CDC estimates that 20% of all infections are spread by hands. If you cannot wash your hands regularly use hand sanitizer with 60% alcohol. When using with children make sure that sanitizer is completely absorbed. The liquid for the sanitizer has some toxic properties. Alcohol wipes may also be used. Cover coughs or sneezes with your elbow or a tissue. Dispose of tissues responsibly.
2. **Avoid** – Engaging in social distancing. Reduce unnecessary social contact, avoid crowds and avoid others if you are sick or if you are concerned that others may be infected. Also try to avoid touching your fingers to your mouth, eyes and nose and instructing your children to do the same. When

in doubt stay home. If you are concerned about exposure, wear an approved mask to protect yourself and others.

3. **Be Alert** – Recognize the symptoms and seek prompt medical attention.
4. **Vaccination** – When the flu vaccines are available, the regular flu and the H1N1. consult your healthcare professional. I have arranged for all faculty who chooses to do so, to receive the vaccinations.
5. **Sanitize Surfaces** – All of our play surfaces are sanitized numerous times daily with a 10% bleach solution.
6. **Isolation of Ill Children** – When children become ill at school for any reason, isolate them under the supervision of staff until a parent can pick them up. If we suspect the flu, these children will be kept in a separate isolation area to prevent spread of the H1N1.

The sites listed below contain information and recommendations being made by government health agencies.

Center for Disease Control and Prevention

[www.cdc.gov/H1N1Flu](http://www.cdc.gov/H1N1Flu)

World Health Organization

[www.who.int/csr/disease/swine\\_flu/index.html](http://www.who.int/csr/disease/swine_flu/index.html)

The American Academy of Pediatrics

[www.aap.org/advocacy/releases/may09swineflu.htm](http://www.aap.org/advocacy/releases/may09swineflu.htm)