

Hastings-on-Hudson
Union Free School District
Phone: (914)-478-2900
www.hastings.k12.ny.us

The Commissioners' memo, "Response to H1N1 (swine flu) outbreak in educational and childcare facilities", dated May 12, 2009 is posted at:
<http://usny.nysed.gov/flu/DOHSEDSchoolAdvisoryUpdate2051209.pdf>

May 26, 2009

Dear Middle School and High School Parents/Guardians:

At this point in time, we are seeing an increase in the number of middle school students who have developed flu-like symptoms. In accordance with the Westchester County Department of Health guidelines, the Hasting Public School District is taking the following steps to monitor any Influenza-like illness:

- We are increasing our surveillance for influenza-like illness by monitoring the absenteeism and identification of students with Influenza-like symptoms;
- We are evaluating the health of our students on a daily basis. If you have a child with flu-like symptoms, we encourage you to speak with your child's physician; and
- We continue to work in direct consultation with the Westchester County Department of Health on a daily basis to determine the appropriate course of action in response to the increased number of students absent with Influenza-like symptoms.

To ensure that we limit the further spread of any flu-like illness, we request that students, faculty and staff with Influenza-like symptoms remain home for seven days from the onset of flu-like symptoms.

Thank you for your cooperation in keeping our children and schools healthy.

Sincerely,

Mr. Robert I. Shaps
Superintendent of Schools

Dr. Dorian Tergis
District Physician

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May 21, 2009

Dear Parents and Guardians:

We would like to update you with the latest information and recommendations regarding response to H1N1 (swine flu) by school districts. NYS Education Department and NYS Department of Health provide guidelines that the district is implementing in order to prevent disease transmission.

At this time, the primary means to reduce the spread of H1N1 is:

- Early identification of ill students and staff that should stay home when ill.
- Encouraging good cough and hand hygiene etiquette.

Students and staff with flu-like symptoms, as described in the checklist below, should stay home for at least 7 days even if the symptoms resolve sooner.

- We are increasing our surveillance for influenza-like illness by monitoring the absenteeism and identification of students with Influenza-like symptoms.
- We are evaluating the health of our students on a daily basis. If you have a child with flu-like symptoms, we encourage you to speak with your child's physician.
- We are prepared to clean our school buildings according to health department guidelines.
- We continue to work in direct consultation with the Westchester County Department of Health on a daily basis to determine the appropriate course of action in response to confirmed cases of H1N1.

Thank you for your continued cooperation. Please do not hesitate to contact us with questions or concerns, and please notify the health office immediately should your child have flu-like symptoms.

Hillside

Bonnie Speno, RN (478-6280)

FMS/HHS

Elizabeth O'Loughlin, RN (478-6224)

Joanne Cipollina, RN (478-6225)

FLU SYMPTOM CHECKLIST FOR FAMILIES

Y N Does your child have a sore throat, bad cough, or runny nose?

Y N Does your child have body aches or chills?

Y N Does your child have vomiting or diarrhea?

___Y ___N Does your child have a fever of 100 degrees or more?*

*Here's how to tell using a thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take the temperature.
- Put the thermometer under your child's tongue. Have your child close his lips around the thermometer and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about one minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature shows on the thermometer like this: 100.2 °F (one hundred point two), 102 °F (one hundred and two)

If you are unable to take your child's temperature, you can look for these signs of fever:

- Your child's face may be red. Skin may be hot to touch or moist.
- Your child may be fussy and have a headache.

If your child has a fever **AND** you answered "yes" to one of the other questions above, your child might have the flu. Your child should stay home from school until you are able to consult with your health care provider.

Children with the flu should stay home for at least 7 days even if they feel better sooner. Children still sick after 7 days should continue to stay home from school until at least 24 hours after their fever and other symptoms are gone. Children may have a lingering cough. If seven days have passed, the student is fever free, and otherwise feels well for at least 24 hours, reentry into school is permitted.

When should my child see a doctor?

Otherwise healthy children with mild illness usually do not usually need to be seen. CALL your health care provider if your child is more ill than usual. Be alert for signs that your child is having trouble breathing or is not drinking enough fluids. Be alert for skin rashes or any signs that your child is more uncomfortable than you would expect with the flu.

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