



Salmon River Central School District

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St. Regis Mohawk School

April 30, 2009

Dear Parents:

As many of you are aware, there have been many reports about the presence of a swine flu virus that is making people sick in several states, including New York State. 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.

At this time, the state and local health departments have advised us that students can 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. 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 to keep their hands away from their face and avoid touching the 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 practicing them yourself.

If we all practice good hygiene, health officials believe we can limit the spread of illness in our school at this time. We are consulting with local health officials regarding best cleaning practices for infection control in our buildings.

Please stay informed by paying attention to media reports. You may also get information at www.cdc.gov, www.nyhealth.gov, www.schoolhealthservicesny.com, or the toll-free hotline that New Yorkers across the State can use to get answers to their questions. The hotline is 1-800-808-1987.

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

Sincerely,

School Nurse