

Dear EHSD Parents, Students, and Staff,

As we continue to monitor the progress of the H1N1 virus and its potential impact on our schools and on our community, our schools remain prepared for H1N1 with plans already in place in the event of an outbreak. We continue to consult with local health officials regarding best cleaning practices for infection control in our buildings should a case of swine flu occur.

At this time, the state and local health departments (Chatham Health District at <http://www.chathamhealth.org/PublicEmer.htm>) have provided us with the following important information:

- **Students and staff should not attend school if they are exhibiting flu-like symptoms.**
- **Flu-like symptoms include fever (over 100 degrees F), cough, sore throat, runny nose or stuffy nose. Additional symptoms that may be experienced with swine flu includes muscle pain, fatigue, and sometimes vomiting or diarrhea.**
- **Students and staff should return to school only after 24-48 hours with no fever and a significant reduction in other flu-like symptoms.**
- **Information about the HINI vaccine is available from the Chatham Health District at <http://www.chathamhealth.org/PublicEmer.htm> or from your local health care provider.**

As always, the following guidelines will prove helpful in stopping the spread of the virus:

- **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.** Stay home from work, school, and errands when you are sick.
- **Keep sick children at home.** You will help prevent others from catching the illness.
- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.
- **Wash your hands often.** Washing your hands and the hands of your children often will help protect you from germs.

- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For additional information about Swine Flu, please visit:

- **Department of Public Health at:** <http://www.ct.gov/ctfluwatch/swineflu>
- **Centers for Disease Control and Prevention (CDC) at:** [www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine)
- **Chatham Health District at:** <http://www.chathamhealth.org/PublicEmer.htm>

Thank you for your continued help in keeping our children, our schools, and our community healthy.

Sincerely,

*Ellen Solek*

Ellen Solek, Superintendent of Schools  
East Haddam School District