

Dear Parent/Guardian:

As of Tuesday, October 13, 2009, the Plum Borough School District has three medically confirmed cases of the H1N1 flu virus. We also have cases of students presenting with flu-like symptoms. The Allegheny County Health Department has said doctors are no longer testing for the H1N1 virus except in cases where children have underlying health issues. Our protocol remains the same—we are actively trying to prevent the spread of H1N1 in our schools. Your support is much appreciated.

The H1N1 flu (commonly known as the Swine Flu) can be easily spread from person to person, the same as the seasonal flu. We want to keep our schools open and functioning in a normal manner and are taking steps to reduce the spread of flu in the Plum Borough School District. We are working closely with the Allegheny County Health Department (ACHD), Pa. Dept. of Health, and the Center for Disease Control (CDC) to monitor flu conditions and following their recommendations such as:

- Disinfecting the classrooms daily by the custodial staff
- Supplying the classrooms with hand sanitizers, Kleenex and posting flyers to demonstrate proper hand washing and coughing techniques

We are asking your help to ensure a healthy environment:

- Reinforce your children to wash their hands often with soap and water or an alcohol-based hand rub.
- Teach your children not to share personal items such as drinks, food or unwashed utensils.
- Cover cough or sneezes into the fabric over the elbow or arm to prevent spread by hand contamination.
- If tissues are used, wash hands immediately after.
- Know the signs and symptoms of the flu – a fever of 100.5 or higher, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired.
- Keep sick children at home for at least **24 hours after they no longer have a fever, and without using fever-reducing medications.**
- Do not send children to school if they are sick. Any child determined to be sick will be sent home.
- Inquire with your family physician about immunizing your child with the H1N1 and the seasonal flu vaccine.

For more information continue to visit and read the school's website and updated alerts and www.flu.gov.

We will notify you of any additional changes to our school's strategy to prevent the spread of the flu so we can ensure a healthy 2009-10 school year.

Sincerely,

Lillian Naccarati, Ed.D
Superintendent