

School Administrative District No. 53

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A School District committed to: “Excellence in Education”

To: MSAD # 53 Families
From: Mike Gallagher and Mildred Bachrach
Re: H1N1 influenza
Date: May 1, 2009

As you are aware in the news the CDC has identified cases of what has been termed “Swine Flu” and is now being renamed H1N1 influenza in several states here in the U.S. The Maine CDC increased their surveillance and confirmed three adult cases yesterday. Because at least one of those adults had contact with a child at a day-care and that child has a sibling at a school, both the day-care and the school where the sibling attended were closed and will be for a seven day period. We suggest that you not panic, but be vigilant and review the following information.

THE FOLLOWING ARE SYMPTOMS OF H1N1 INFLUENZA (SWINE FLU):

- Fever
- Cough
- Sore throat.
- Body aches
- Headaches
- Chills
- Fatigue
- Some people are reporting diarrhea and vomiting associated with Swine Flu.

HERE ARE SOME WAYS TO PROTECT YOUR FAMILY

- If anyone in your family is experiencing any of the above symptoms, contact your health care provider, particularly if they have been traveling in a high-risk area like Mexico over the past week or so.
- Don't send children who are sick to school. Keep them at home. It is important to notify your child's school as soon as possible if he/she has any of the above symptoms.
- Teach your children to wash hands often with soap and water for 30 seconds especially before eating, after coughing or sneezing, using the bathroom and when their hands are visibly dirty. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing or sneezing into the inside of the elbow.
- People who are sick should stay home from work or school and avoid other people until they are better.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Keep informed with the latest updates on the flu through the news or the CDC website: www.cdc.gov/swineflu. Also, if you have any questions or concerns you can call 1-888-257-0990 during business hours. Attached is check list to assist you in gathering information you may need in case of a flu pandemic.

If you have any questions, please contact your school nurse, Mildred Bachrach, RN at 487-5145(Warsaw), 416-5748(cell) or 487-5748(home) or your health care provider.