

IMPORTANT ANNOUNCEMENT

Dear Parents/Guardians:

It gives us great pleasure to welcome the students back to school. Hopefully, everyone will arrive with renewed energy and be prepared to meet the new and interesting challenges of the school year.

I am sorry to report that the H1N1 (Swine Flu) continues to plague the nation. The school has been taking an active role in informing parents/guardians about this illness. We are paying special attention to the daily maintenance and cleaning operations at our school.

The Federal Agency, the CDC, reminds us that the symptoms of both the flu and H1N1 are similar and may include fever greater than 100 degrees F., cough, sore throat, lack of appetite, fatigue, headache and/or body aches, and with H1N1, sometimes nausea, vomiting and diarrhea. If you observe any of these symptoms in your child, please keep him/her home and call your health care provider with any questions or concerns. It is very important to keep your child home if he/she is sick. It is thought that novel influenza A (H1N1) flu spreads in the same way that regular seasonal influenza viruses spread; mainly through the coughs and sneezes of people who are ill with the virus.

In accordance with the CDC and New Jersey Department of Health and Services guidelines, listed below is an outline on how families may help prevent or at least, minimize the effect of the flu:

Please teach your children the steps they can take now to decrease their chances of catching the flu:

- Wash hands thoroughly and often with soap and water. Alcohol-based hand cleaners are also effective. **WE ARE ASKING THAT YOU SUPPLY A BOTTLE OF Purell Hand Sanitizer (or similar product) FOR YOUR CHILD TO CARRY WITH THEM DURING THE SCHOOL DAY.**
- Avoid touching the face, nose and eyes.
- Cough into the sleeve or elbow, if a tissue is not available, not into the hands or the air. At the least, students should cough into a tissue and dispose of it immediately.

It is also important to stay informed by listening to reliable and trustworthy sources of information on radio and TV, and visiting www.bergenhealth.org , www.cdc.gov/H1N1flu and www.nj.gov/health on the web.

Sincerely,
Mr. Roy J. Corso
Principal