



NOTRE DAME-BISHOP GIBBONS SCHOOL

2600 Albany Street • Schenectady, NY 12304-1899 • (518) 393-3131 • Fax (518) 370-3817

May 27, 2009

Dear Parents,

We have been made aware through Schenectady County Public Health Services of one confirmed case of H1N1 (Swine Flu) in the Schenectady City School District.

At this time, New York State and Schenectady County Health Departments have advised us that students can continue to come to school as long as they are not sick and do not have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F), cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

If you suspect your child is getting the flu, it is important that he/she 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.

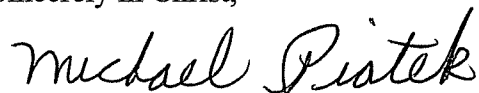
- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about how long it takes to sing the Happy Birthday song twice).
- Teach your children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow.
- Help your children to learn these healthy habits by setting a good example and always doing them yourself.

School officials continue to monitor for illness. Any student illness should be reported to the school nurse immediately. If a student is found to have a fever and to be experiencing flu-like symptoms, the student will be dismissed in accordance with school district procedure:

- Students with fever and no other symptoms may return to school after the fever has resolved.
- Students, faculty, or staff with influenza-like illness should stay home and not attend school or go into the community except to seek medical care for at least seven days after the start of the illness or until they are symptom free for 24 hours, whichever is longer.
- Ill students should not attend alternative childcare or congregate in settings outside of school.
- Note that influenza may result in a residual cough. If 7 days have passed, the student is fever free, and otherwise feels well for at least 24 hours, exclusion from school is no longer needed, even if they have a residual cough.
- Environmental infection control is being focused on routine for most surfaces and target use of disinfection for surfaces touched frequently by hands.

For updates and more information, please visit www.cdc.gov, www.nyhealth.gov, and www.schoolhealthservicesny.com. Thank you for your cooperation in keeping our children and our school healthy.

Sincerely in Christ,

A handwritten signature in cursive script that reads "Michael Piatek".

Michael Piatek
Principal