

CHITTENANGO CENTRAL SCHOOL

Thomas E. Marzeski, Superintendent

Chittenango Central Schools
1732 Fyler Road
Chittenango, New York 13037
Telephone: (315) 687-2840
Fax No.: (315) 687-2841

Office of the Superintendent of Schools

April 28, 2009

Dear Parents/Guardians:

The New York State Education Department has advised school districts to inform parents that the State has entered a heightened surveillance stage resulting from the presence of a swine flu virus. Although, to date, only mild illness has occurred in the United States, we realize that many people are worried and we hope this letter will help address your concerns.

Swine flu symptoms are similar to influenza and include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms that may be experienced with swine flu include muscle pain, fatigue, and sometimes vomiting or diarrhea.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does 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 recommended.
- 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. Hand wipes must be disposed of properly. 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.

If we all practice good hygiene, health officials believe we can limit the spread of swine flu in our school at this time. We have implemented appropriate cleaning practices to assist with infection control in our buildings.

We are working with our State and County Health officials to monitor the situation here and will make decisions in consultation with them. We will inform parents immediately if the situation changes and it becomes necessary to close schools.

To stay informed you may also get information at www.cdc.gov, www.nyhealth.gov, www.schoolhealthservicesny.com, or the 24 hour toll-free hotline that New Yorkers across the State can use to get answers to their questions. The hotline is **1-800-808-1987**.

Thank you for your cooperation in keeping our children and our schools healthy.

Sincerely,

Thomas E. Marzeski
Superintendent of Schools

TEM/kaq