

# 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

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Dear Parents/Guardians:

Last April a letter was sent by the school district with information regarding the H1N1 influenza (Swine flu) virus. Our school district continues to work together with the Madison County Health Department regarding steps necessary to be prepared for an increase in seasonal or H1N1 influenza. Information in this correspondence is being provided to help you and your children be prepared for flu season.

## **Guidelines to prevent the spread of influenza and planning tips for parents:**

- **Vaccination:** The single best way to protect yourself and your children from the flu is to get a flu shot when flu shots become available. When a vaccine becomes available for H1N1, please contact your health care provider first. It is possible that H1N1 vaccinations will be provided at some school sites. More information will be made available if that is the case.
- **Hand Washing/Hand Sanitizer:** This is a great time to help your children understand how important it is to wash their hands to decrease the risk of getting sick. In addition, the Chittenango School District will provide access to an alcohol based hand sanitizer in all classrooms and large group gathering areas.
- **Stay home when sick:** People with flu-like illness (fever of more than 100°F with cough or unexplained sore throat) should stay home for at least 24 hours after they no longer have a fever without the use of fever-reducing drugs like Tylenol or Motrin.
- **Cover your cough and sneeze:** Please remind your children how to cover their nose and mouth if they cough or sneeze so that they are not spreading their germs.
- **Separate ill students and staff:** Students and staff who appear to have flu-like symptoms will be placed in a room separate from others until they can go home.
- **Routine cleaning:** School staff will routinely clean areas that students and staff touch often with cleaners they typically use.
- **Develop a plan if your child becomes sick and needs to stay home for three to five days with the flu.**

We will continue to provide you with information on H1N1 as it becomes available. We are committed to providing information to all parents in as timely a fashion as possible and will be working closely with other school districts and with the Madison County Health Department to ensure that you get timely and accurate information. The Chittenango Central School District is dedicated to keeping all of our children healthy.

Sincerely,

Thomas E. Marzeski  
Superintendent of Schools

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