

HEALTH OFFICE
CAMBRIDGE CENTRAL SCHOOL
518-677-8527 Ext. 1428
September 15, 2009

Dear Parent/Guardians,

As the school year is in full swing, I want to keep you informed about the information we are receiving daily/weekly concerning the H1N1 Virus (Swine Flu). I receive e-mails from the State Department of Health and the State Education Department University of the State of New York. These Departments are collaborating on guidance for educational institutions concerning the H1N1 virus and precautions we can take to remain healthy.

The latest recommendations emphasize that the primary means to reduce the spread of flu in schools is to focus on early identification of ill students and staff. They should be excluded from school and all school related activities when ill. Also, it is essential to encourage good hand hygiene and respiratory etiquette.

Most cases of H1N1 Influenza in the United States at this time involve only mild illness, but flu spreads easily. It is essential that no student come to school with flu-like symptoms. It is also recommended that an ill child also does not go to childcare, the mall, or sporting events—where other people could be exposed.

Symptoms of flu-like illness include:

Fever (over 100 degrees F)
congestion/runny nose
Muscle Pain

cough
fatigue

Sore throat

sometimes vomiting or diarrhea

Sick people should stay at home until at least 24 hours after they no longer have a fever (without the use of fever-reducing medicine) and they no longer have any symptoms.

Here at CCS, we have stressed to students and staff the importance of good hand hygiene and cough/sneeze etiquette, along with proper use of and disposal of dirty tissues. Please reinforce these simple yet very effective steps in helping to stop the spread of viruses. Our cleaners have been advised to continue their efforts to keep the school high traffic areas (such as bathrooms, doorknobs, desks and sinks) especially clean.

If we do have an outbreak of Influenza H1N1, our health office staff is prepared to institute more precautions. Already we have set up an isolation area for students with "flu-like" illnesses. We will also use medical masks if necessary to control the spread of this virus.

We are counting on you as well, to do your part to help keep our students healthy and safe.

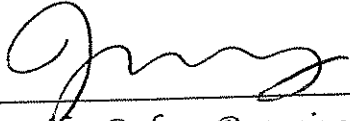
Simply stated, being vigilant with good hygiene is the single most beneficial thing any of us can do to protect ourselves, as well as staying home when ill.

- **FREQUENT HAND WASHING WITH SOAP AND WATER**
 - **USING A WATERLESS HAND SANITIZER (when water is not available)**
- COUGH ETIQUETTE**

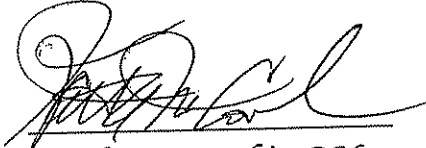
Includes using a tissue to cough into, coughing into sleeve instead of hands, cleaning hands after coughing.

For the most current information, visit www.flu.gov or call 1-800-CDC-INFO.

Sincerely,



Dr. Jennifer Baker-Porazinski
School Physician



Katherine Corbin, RN
School Nurse

HEALTH OFFICE
CAMBRIDGE CENTRAL SCHOOL

INFLUENZA H1N1
(SWINE FLU)

The CDC and NYS Department of Health have lifted several recommendations concerning limiting the spread of this virus.

Simply stated being vigilant with good hygiene is the single most beneficial thing any of us can do to protect ourselves.

- *FREQUENT HAND WASHING WITH SOAP AND WATER*
- *USING A WATERLESS HAND SANITIZER (when water is not available)*

- *Cough Etiquette*

*Using a tissue to cough into, coughing into sleeve instead of hands,
cleaning hands after coughing*

HEALTH OFFICE
CAMBRIDGE CENTRAL SCHOOL
24 SOUTH PARK STREET
CAMBRIDGE, NY 12816
518-677-8527 ext.1428
Fax 518-677-2837

Dear Parents/Guardians,

As part of a required health examination, a student is weighed and his/her height is measured. These numbers are used to determine the student's body mass index or BMI. The BMI helps the doctor or nurse know if the student's weight is in a healthy range or is too high or too low. Recent changes to the New York State Education Law require that BMI and weight status group be included as part of the student's school health examination. A sample of school districts will be selected to take part in a survey by the New York State Department of Health. If our school is selected to be part of the survey, we will be reporting to New York State Department of Health information about our student's weight status groups. Only summary information is sent. No names and no information about individual students are sent. However, you may choose to have your child's information excluded from this survey report.

The information sent to the New York State Department of Health will help health officials develop programs that make it easier for children to be healthier.

If you do not wish to have your child's weight status group information included as part of the Health Department's survey this year, please complete the form on the back of this letter and return this it to me here at school.

Sincerely,


Kathy Corbin, RN

Please do not include my child(ren)'s weight status group information included as part of the Health Department's survey this year.

Print Child's Name

Date

Print Parent's Name

Parent's Signature