

Menands Union Free School District
19 Wards Lane, Menands, NY 12204-2197
(518)-465-4561 * Fax (518)-434-2840
www.menandsschool.nycap.rr.com

Board Of Education

President
Harry Dunsker

Vice President
Paul Dignum

Michael Testo
Steven Nicoll
Jeff Masline

Superintendent
Ms. Kathy Meany

Principal
Antionietta Schroeder

District Clerk
Patricia M. Miller

April 28, 2009

Dear Parents,

This letter is to inform you that the State of New York has entered a heightened surveillance stage resulting from the presence of a swine flu virus that is making people sick in several states, including New York State, and also in Mexico. 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. Despite confirmed cases of swine flu in a private school in Queens, New York City, we believe students can safely attend classes and schools will remain open at this time (with the exception of the school in Queens at which confirmed cases were discovered).

At this time, the state and local health departments have advised us that students can continue to come to school, as long as they are not sick and do not think they have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with swine flu, including 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. If you suspect that your child is getting the flu, keep your child at home and call your doctor.

It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection. **These are the good health habits that we are constantly teaching and reinforcing at Menands School:**

- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
- Constantly reinforce the importance of washing hands before eating and washing hands after using the bathroom.
- 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 the "Yard Stick Rule" – Staying three feet away from a person who is coughing or sneezing

- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—not your hands!
- Teach your children to NOT share such personal items as forks, spoons, knives, toothbrushes, combs, water bottles, make-up, and Chapstick.
- 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. **Due to our constant concern about the potential spread of a number of contagious sicknesses in schools, our custodians regularly take additional steps to clean school bathrooms, cafeteria tables, desks, countertops, and doorknobs.**

While the current situation does not warrant school closure, if swine flu continues to spread and more students become ill, it may become necessary to close schools in this area for a period of time. We are working with our school physician and County Health officials to monitor the situation and will make all decisions in consultation with them and state officials. We will inform parents immediately if the situation changes and it becomes necessary to close school.

If schools are closed, please do not make arrangements—such as sending children to a friend’s home or group childcare—that will put them in close contact with other children. It is important to plan ahead. Have a family discussion now to consider options in advance of the event of a school closing.

Please stay informed by paying attention to media reports. You may also get information at the following Websites:

- www.cdc.gov
- www.nyhealth.gov
- www.schoolhealthservicesny.com
- www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine_flu

You may also call 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**.

The school will continue to monitor any information related to the current health concerns and will inform you of any changes as soon as possible. If you have questions or concerns, please do not hesitate to contact me, Mrs. Weidman, or Mrs. Schroeder.

Sincerely,

Ms. Kathy Meany
Superintendent