



# North Rose-Wolcott Central School District

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Dear Parents/Guardians,

Enclosed you will find a letter from the Wayne County Department of Health regarding a possible H1N1 flu clinic to be held in our schools once the vaccine becomes available. The clinics will be held at FHE, with Middle School Students bussed there, and at NRE, with High School Students bussed to this location. You will also find information on the flu shot and the nasal spray vaccine along with an immunization screening and consent form. Please read these materials to be informed and if you want your child to receive the vaccine, return the consent form to us by November 4. **THE FORM MUST BE FILLED OUT COMPLETELY AND SIGNED** or your child will not be allowed to receive the vaccination.

We are experiencing an increase of the number of children home sick with influenza or flu-like illness. We ask that you help us keep students as healthy as possible by following the recommendations from the Centers for Disease Control.

### **When should my child stay home with the flu?**

Students with "Influenza-Like Illness" (ILI) should stay home when they are sick. Your child may have the flu and should stay home if they have the following symptoms:

**Fever of 100°F (37.8°C) or greater**

**Cough**

**Runny Nose**

**Sore Throat**

### **When should my child return to school?**

It is recommended that students stay home until at least 24 hours after they are free of fever [100°F (37.8°C) or greater] or signs of a fever, without the use of fever-reducing medications such as Tylenol/acetaminophen or Motrin/Advil/ibuprofen.

### **What can we do to reduce the chances of spreading or "catching" H1N1 Influenza?**

Wash hands often with soap and water, especially after coughing or sneezing.

Use alcohol based hand sanitizers to clean hands if soap and water are not available.

Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after use (if no tissue is available, cough or sneeze into your arm or sleeve-not your hand).

We continue to encourage our students to wash their hands often and to take precautionary steps to shield coughs and sneezes. Our staff continues to model and reinforce these important steps. Our cleaning staff is cleaning high touch surfaces more frequently and we are making hand sanitizers readily available for use by students and staff.

At this time we have no plans to close schools due to a high rate of absenteeism. The Public Health Department, the Center for Disease Control and the New York State Department of Education recommend that we keep schools open. Again, please keep your child home if they are ill, exercise precautions such as not sharing water bottles, and wash your hands often. North Rose-Wolcott will follow the protocols given to us and continue educational programming as normal.

Public health officials have indicated that most people do not need to seek medical care if they become ill with ILI and can take care of themselves with Tylenol or ibuprofen to reduce fever, lots of fluids, and rest. Avoid aspirin or products that contain aspirin. Please call your private health care provider before going to their office, the Emergency Department or an Urgent Care Center. Familiarize yourself with warning signs when you should seek immediate medical assistance, such as fever you cannot control, trouble breathing or turning blue, or getting better and then worsening again. Please talk with your health care provider about vaccines for both seasonal and H1N1 flu.

Thank you for your continued efforts to keep your child home and to notify the school with specific details when your child is absent.

Sincerely,

Lucinda Miner  
Superintendent