

September 14, 2009

Dear Parent/Guardian:

As you probably well know, there is heightened concern again across the nation regarding the H1N1 flu. It has been determined that we are in the midst of a pandemic. The term pandemic speaks to the level to which the disease has spread, not to the severity of the disease.

As you know, the flu can be easily spread from person to person. Therefore, we are taking steps to minimize the spread of the flu in all schools in the Inter-Lakes School District. As has been recommended by Dr. Jose Montero, Director of New Hampshire Public Health Services, and the Center for Disease Control (CDC), we will make every effort to minimize school disruptions and closures. We want to keep our students well and schools open to students and functioning in a normal manner during this flu season. To do so, we will need your help by asking you to do the following:

- ❖ Teach your children to wash their hands often with soap and water or an alcohol-based hand rub;
- ❖ Teach your children to cover their mouth and nose when coughing or sneezing and to throw used tissues away;
- ❖ Keep your children home if they are sick. Children with the flu and a fever of 100° or higher should stay home for a minimum of 24 hours after their fever has subsided (without taking fever-reducing medications);
- ❖ Make arrangements to have your child picked up at school if he/she becomes ill at school;
- ❖ Update the emergency contact information card that the school has on file; and,
- ❖ Insist on good health habits—getting plenty of rest, eating healthy and exercising regularly.

The district is taking a number of precautionary measures to prevent the spread of the flu. Some of these include the placement of hand sanitizers throughout the buildings, more frequent sanitizing of environmental services (e.g., door knobs, keyboards, water fountains, hand rails, etc.), increased supply of tissue, encouraging social distancing of students (no touching, no sharing of food or drink), and teaching cough etiquette and good hygiene, especially hand washing.

We will continue to work closely with the New Hampshire Department of Education, public health officials, and the Department of Health and Human Services to monitor flu conditions and make decisions regarding the safety and well-being of students and staff.

We will also work to keep you updated on the status of any developing situations. I encourage you to go to the district, as well as school websites for periodic updates. Please know that, on each school website, there currently is relevant information entitled, “Seasonal and Novel H1N1 Flu: A Guide for Parents”.

If you have questions or concerns, please contact me or Ms. Teresa McCormack, Inter-Lakes Elementary School nurse (279-7968), or Ms. Jodi Pendexter, Inter-Lakes High School/Sandwich Central School nurse (279-6162).

Sincerely,

Phillip G. McCormack, Ed.D.
Superintendent of Schools