

EAST Public Schools **ROCKAWAY**

East Rockaway Junior/Senior High School
443 Ocean Avenue
East Rockaway, NY 11518-1299
www.eastrockawayschools.org
(516) 887-8300
Fax (516) 599-0718

Superintendent of Schools
Roseanne C. Melucci, Ed. D.

"Everybody is Somebody at East Rockaway Schools"

Principal
William J. Fortgang
Assistant Principal
James DeTommaso
Assistant Principal
Cindy Singer

October 30, 2009

Dear Parents,

This letter is to inform you that East Rockaway Junior/Senior High School has become aware of several 8th grade students as well as a few 12th grade students who have been diagnosed with influenza A. 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.

At this time, the state and local health departments have advised that students can continue to come to school, as long as they are not sick and do not present with flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with H1N1 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. It is also important to teach your child how to reduce his/her risk of getting the flu and protect others from infection.

- Teach your child to wash his/her hands often. Washing with soap and water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
- Teach your child the proper use of hand sanitizer. Gels, rubs, and hand-wipes all work well. Hand-wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your child to keep their hands away from his/her face and avoid touching the mouth, nose, or eyes.
- Teach your child to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Cough or sneeze into your sleeve—not your hands!
- Help your child 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 flu in our school at this time. We are consulting with local health officials regarding best cleaning practices for infection control in our buildings.

Stay informed. You may get information at www.cdc.gov, www.nyhealth.gov, www.schoolhealthservicesny.com, or 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.

Thank you for your cooperation in keeping our children and our schools healthy.

Sincerely,

A handwritten signature in black ink, appearing to read "William J. Fortgang". The signature is written in a cursive style with a large, stylized initial "W".

William J. Fortgang
Principal