

December 15, 2009

Dear Parents/Guardians;

At the request of the Superintendent of Schools, Dr. Carrick, each school has been asked to send you a weekly update regarding flu related illness absences and suggestions for prevention. As of today, Tuesday, **a total # of (1) Cranford High School students (zero 9<sup>th</sup> graders, one 10<sup>th</sup> grader, zero 11<sup>th</sup> graders, and zero 12<sup>th</sup> graders)** remained home with flu-like symptoms. ***A person can be contagious with the flu before they exhibit symptoms. Therefore, there is always the possibility that your child is exposed to students, staff and visitors who unknowingly carry the flu virus into the school.*** For that reason, it is important to follow the CDC's recommendations for prevention.

1-Continually observe your family for signs and symptoms of the flu:

|                          |            |
|--------------------------|------------|
| Fever (greater than 100) | nausea     |
| Cough                    | fatigue    |
| Sore throat              | diarrhea   |
| Body aches               | runny nose |

**Please be aware that a person may have only 1 or all of these symptoms.**

2 - Keep your child home if they exhibit any of the above symptoms. Contact your doctor for treatment. Keep the student home for 24 hours after they are fever free without the use of fever reducing medications.

3-Practice good hand hygiene by washing hands frequently, lathering for 20 seconds with soap and water.

4-Cover your cough and sneeze with a tissue or your sleeve.

5-Have your family vaccinated for the seasonal and the 2009 H1N1 flu.

We ask all parents to continue to watch for any signs that your child may be ill. By being alert, we will keep all students as healthy as possible.

Thank you for your attention to this important health issue.

Sincerely,

Florence S. Senyk, Ed.D.  
Interim Principal  
Cranford High School