

SANDY CREEK CENTRAL SCHOOL DISTRICT

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Dear SCCSD Parents/Guardians:

Let me begin by thanking all of you for your cooperation and efforts in helping the school district minimize the spread of H1N1. As of this writing, we have had minimal cases of students with flu-like symptoms (H1N1). We have also experienced students with Strep Throat, Stomach Bugs and Sinus Infections.

The purpose of this letter is to again remind you of the following:

- **Teach you children to wash their hands often** with soap and water or use hand sanitizer. Washing their hands for 20 seconds is ideal. You can set a good example by doing this yourself. The school district will provide hand sanitizer and tissues in each classroom, cafeterias and gymnasiums.
- **Keep sick children at home** for at least 24 hours after they no longer have a fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever home will reduce the number of people who may get infected. **ALSO, do not put your sick child on a bus** so they can see the school nurse or visit the school-based health center. They could possibly infect healthy students riding the same bus. Please contact your health provider and make arrangements for a doctor's visit if necessary.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is not available.

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may vomit or have diarrhea.
- **Childcare.** Please prepare now for childcare in case your child does get sick and you cannot miss work.
- **Updated Telephone Numbers.** If your contact telephone numbers have changed, please notify us as soon as possible.
- **Call Attendance Office.** If your child has flu like symptoms, keep them home and call our attendance office, 387-3445 ext. 1906
- **For more information visit the following websites.** www.flu.gov, www.nyhealth.gov/ServNY or call 1-800-808-1987 or the School District Website at www.sccs.cnyric.org.

We are still waiting for information and guidance on the protocol for H1N1 Vaccinations from the Oswego County Health Department. We will provide you with information as soon as we know more.

Thank you again for your cooperation on this matter.

Sincerely,



Stewart R. Amell
Superintendent of Schools