

Medford Township Public Schools

128 Route 70, Suite 1, Medford, New Jersey 08055
(609) 654-6416 Fax (609) 654-7436

September 16, 2009

Dear Parent(s)/Guardian(s):

As you know, the flu virus can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in schools throughout the District. Our custodial staff is sanitizing classrooms and common areas in each school on a daily basis. We want to keep our schools open and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the Burlington County Health Department and the New Jersey State Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help:

- **Teach your children to wash their hands** often using soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Please remind your child to cough or sneeze into their elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **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, headache, and feeling very tired. Some children may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have fever or do not have signs of fever, **without using fever-reducing drugs.** Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home. Please make sure to have an "emergency contact" that is available to pick up your child immediately if you are unable to do so.
- **Follow your physician's recommendation regarding flu vaccinations.**

If the flu becomes more severe, we may take additional steps to prevent the spread such as:

- Conducting active fever and flu symptom screening of students and staff as they arrive at school
- Making changes to increase the space between people such as moving desks farther apart
- Postponing class trips
- Dismissing students from school for at least 7 days if they become sick

For more information, please visit <http://www.flu.gov/>, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, please visit <http://www.co.burlington.nj.us/departments/health/> or call 609-265-5548.

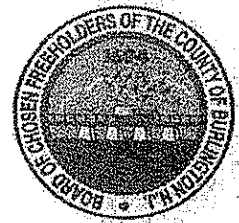
Thank you for helping us to maintain a healthy learning environment for our students. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

School Nurse

Board of Chosen Freeholders
County of Burlington
New Jersey

Burlington County Health Dept.
Raphael Meadow Health Center
15 Pioneer Boulevard, Westampton
P.O. Box 6000
Mount Holly, N.J. 08060



Tele: (609) 265-5548
Fax: (609) 265-3152

September 10, 2009

To: *Parents and Guardians*

Re: *2009 H1N1, Seasonal Influenza and Influenza- Like Illness*

As we begin a new school year in Burlington County, we expect to once again see cases of 2009 H1N1 influenza. In fact, in those areas of the county where school has been in session since late August, reports of influenza-like illness are already on the rise.

We have been working hard all summer to prepare for the return of influenza to our county but now we need your help.

The best way to slow down the spread of influenza is to keep sick people away from well people. We are urging all parents and guardians to keep sick children home from school and daycare. Children with a fever should stay home from school and childcare settings until at least 24 hours after their fever has gone away without the aid of fever-reducing medications. In most cases, this could mean your child will be home from school for three to five days. In some cases, it may be necessary for your child to stay home longer.

We recognize that it can be a burden on working parents to find care for their children who need to stay home from school. For this reason, we urge you to plan now for alternative child care if your child does become ill with influenza-like illness and must remain out of school for a few days.

At the time of this writing, H1N1 is a mild to moderate disease that resolves within four to seven days. Symptoms generally include fever, chills, headache, cough, sore throat, fatigue and possibly vomiting and diarrhea.

However, if your child experiences the following symptoms that include fast or trouble breathing, bluish or grey skin color, severe or persistent vomiting, not waking up or interacting, not wanting to be held, flu-like symptoms that improve but return with fever and a worse cough, or if your child has underlying conditions like asthma, diabetes, heart or lung disease, please contact your physician ASAP.

If you have any further questions regarding H1N1 please visit the Burlington County website at www.co.burlington/health for up to date information and guidance on H1N1.

Sincerely,


Robert Gogats, Health Officer
Public Health Coordinator



Public Health
Prevent. Promote. Protect.

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