



School Union 69

Hope, Appleton & Lincolnville

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To: Parents
From: David C. Wiggin
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Re: H1N1 Influenza and Vaccination Clinics

As you most likely know, the Federal and State Centers for Disease Control and Prevention (CDC) are encouraging schools to take a number of steps to reduce the risk of flu spreading throughout our schools. The CDC recommends the following 4 primary measures to help reduce flu at school and in your home (additional information is attached):

1. *Practice good hand hygiene* by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol based hand cleaners are also effective.
2. *Cover your mouth and nose* with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
3. *Do not to share personal items* like drinks, food or unwashed utensils.
4. *Stay at home if you or your child is sick* for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

The signs and symptoms of the flu include fever of 100 degrees or greater, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some may also vomit or have diarrhea. If your child develops flu like symptoms while at school, your child will be quarantined from other students to prevent the potential spread of the virus. You will then be contacted to pick up your child to take them home.

All of the school districts within our five towns are currently working with representatives from Pen Bay Medical and Kno-Wal-Lin to organize and schedule seasonal flu and H1N1 vaccination clinics in our schools for students whose parents wish for them to be vaccinated. Information for the seasonal flu vaccination clinic, along with parental permission slips, should be available shortly. We are uncertain of the arrival date for the H1N1 vaccine, but anticipate being able to schedule those clinics sometime

in November. Clinics for seasonal vaccinations may be scheduled sooner as arrangements are completed.

For more general information, please review the attached brochure and visit www.flu.gov or call 1-800-CDC-INFO (1-800-232-4636) for the most current information about the flu. For more specific information about what our schools are doing, please contact your child's school nurse, or the school principal's office.