



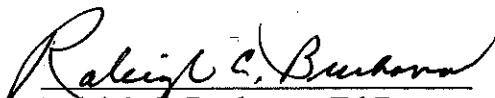
IMPORTANT INFORMATION ON H1N1 (SWINE) FLU

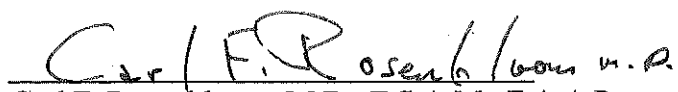
Dear Parents/Guardians of Haverhill Public Schools Students:

As we start another school year in Haverhill, we would like to share some important information and reminders with you aimed at helping decrease the spread of H1N1 (also known as "swine") flu, as well as seasonal flu or any other illnesses that might be prevalent:

- One of the best ways people can protect themselves is to practice good hand washing, so parents are encouraged to teach effective hand washing techniques to their children and remind them regularly about the importance of washing their hands. Teach them to wash with soap and water for 20 seconds (the amount of time it takes to sing the "Happy Birthday" song twice) and to dry their hands with a paper towel.
- Parents should also teach and remind children to cover their mouth and nose with a tissue when they cough or sneeze and then throw the tissue away or cough or sneeze into their upper sleeve or elbow, not their hands.
- Children should be monitored for signs of flu-like illness (fever over 100 AND cough or sore throat).
- Children who do develop flu-like symptoms need to stay home and out of school until the fever is gone for a full 24 hours without the assistance of fever-reducing medication. Parents should consult their child's physician about how to best treat flu-like symptoms in their child.
- Parents should make sure their child's school has updated emergency contact information in case their child becomes ill during the school day and needs to be dismissed.
- Parents who normally work during the school day should have a plan in place to be able to keep children out of school if they become ill with any illness.
- The U.S. Centers for Disease Control and Prevention is recommending that school-age children get vaccinated for both seasonal and H1N1 flu when the vaccines are available.

If we all work together to follow the guidelines and recommendations put forth by the CDC and Massachusetts Department of Public Health, we will have the best chance of limiting the spread of flu and be able to keep our schools open and functioning and keep our staff and students healthy.


Raleigh C. Buchanan, Ed.D.
Superintendent of Schools


Carl F. Rosenbloom, M.D., F.S.A.M., F.A.A.P.
Chairman, Haverhill Board of Health