

East Brunswick Public Schools

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Superintendent

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June 10, 2009

Dear Parents/Guardians/Staff:

There has been continued coverage in the news about H1N1 (Swine Flu). The Middlesex County Health Department has confirmed that there are no cases of H1N1 (Swine Flu) in the East Brunswick Public Schools. Once the local health department confirms a case they notify the school district. There have been several students diagnosed with Influenza A. This type of flu is very similar to seasonal influenza. The schools have been monitoring attendance and student illness.

East Brunswick Public Schools are following the recommendations from the Middlesex County Health Department.

Any student with flu like symptoms (fever greater than 100 degrees and sore throat/cough or other flu like symptoms) are to stay home for seven days and be symptom free for 24-48 hours as recommended by the health department. If a student is seen by the physician and was ill for another reason the student may return to school sooner with a physician's note.

The Center for Disease Control (CDC) recommends the following:

- Stay home if you have flu like symptoms, especially with a fever.
- Wash your hands with soap and water, especially after you cough or sneeze. If soap and water is not available use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough and throw the tissue in the trash after you use it.
- Avoid contact with sick people.

Since this is an evolving event and changes frequently, the primary point to remember is if anyone (you, children, or other family members) display flu like symptoms, please stay home and reduce contact with others. For further information refer to the letter dated May 5, 2009, on the district website.

It is important that we work together and are proactive to keep our children and overall community healthy.

Yours truly,



Jo Ann Magistro, Ed.D.
Superintendent