

**KNOWLTON TOWNSHIP  
SCHOOL DISTRICT**  
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Sharon Mooney  
*Superintendent*

Jeannine DeFalco  
*Vice Principal*

October 23, 2009

Dear Parents:

As you know the number of cases of the H1N1 flu (the "swine" flu) has been rapidly escalating, nationwide.

We must all work together to help our children, families and faculty stay healthy. We do need your help with this.

Besides following the guidelines for healthy living (eating nutritious food, getting enough rest, and exercising), the CDC (Center for Disease Control) recommends four main ways that you and your family may keep from getting sick with the flu at school and at home:

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing and sneezing. Alcohol-based hand cleaners are also effective (although these must be used with caution around young children).
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. **Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of fever (without the use of fever-reducing medicine). Children must also stay home for 24 hours after vomiting or having diarrhea, as per policy of the Board of Education!** Keeping sick children at home means that they keep their viruses to themselves rather than sharing them with others.
4. Get your family vaccinated for seasonal flu and the H1N1 flu when vaccines are available.

The H1N1 flu presents with symptoms that are similar to the seasonal flu: Fever, cough, sore throat, body aches and headache. However, there have been some reports that some children are experiencing all the symptoms except the fever. So, if your child is sick, please bring him/her to the doctor and please let the school know what the diagnosis is. In addition to the secretaries needing a diagnosis, we must fax a surveillance form weekly to the Warren County Health Department, listing the number of children who are absent and the reasons for the absences.

Thank you for your co-operation.

Sincerely,

Sharon Mooney, Superintendent

Patricia A. Zito, R.N., School Nurse