

Menands Union Free School District  
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[www.menandsschool.nycap.rr.com](http://www.menandsschool.nycap.rr.com)

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TO: Parents and Guardians  
FROM: Kathy Meany, Superintendent  
RE: **Important Information about the H1N1 Virus**  
DATE: September 23, 2009

The school year is off to a terrific start. As you can understand, one of our most important goals this year will be promoting good health habits and preventing the spread of the seasonal flu and the H1N1 virus. **The symptoms of the flu are a fever of 100 degrees F or greater and either a cough OR a sore throat.**

**Steps that we are taking at Menands School:**

- In addition to our nightly cleaning, the custodians will be cleaning desk tops, table tops, counters, door knobs, phones, and water fountains on a regular basis.
- Students who have the symptoms of the flu will be separated from other students and asked to wear a face mask while they wait to be picked up from school.
- We will be scheduling time for students to wash their hands with soap and water before eating lunch and snacks.
- Our teachers will constantly be teaching the **following good health habits:**
  1. Coughing and sneezing into a tissue or into the inside of their elbow.
  2. Keeping hands, pens, pencils, and other objects out of their mouth.
  3. No sharing of food, water bottles, or other personal items.
  4. Yard stick rule –staying three feet away from someone who is coughing or sneezing.
  5. Washing hands with soap and water before eating and after using the bathroom.

**Steps that parents need to take:**

- Reinforce the good health habits listed above.
- **The seasonal flu vaccine is available now. Call you doctor and have your child vaccinated. When the H1N1 vaccine becomes available in October, call your doctor and have your child vaccinated.**
- Set up an emergency plan that will allow you to keep a sick child home from school and away from other children.
- Keep a sick child home from school for at least 24 hours after they are free of fever without the use of fever reducing medications.
- Consider sending a small bottle of hand sanitizer to school for your child to use when washing hands with soap and water is not possible.

We will continue to monitor information related to the current health concerns. If you have questions, please do not hesitate to call Mrs. Weidman, Mrs. Schroeder, or me.

