



# SARANAC LAKE CENTRAL SCHOOL DISTRICT

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SARANAC LAKE, NEW YORK 12983-1500



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April 28, 2009

Dear Parents,

This letter is to inform you that the State of New York has entered a heightened surveillance stage resulting from the presence of a swine flu virus that is making people sick in several states, including New York State, and also in Mexico. Although, to date, only mild illness has occurred in the United States, we realize that many people are worried and we hope this letter will help address your concerns. Despite confirmed cases of swine flu in a private school in Queens, New York City, we believe students can safely attend classes and schools will remain open at this time (with the exception of the school in Queens at which confirmed cases were discovered).

At this time, the state and local health departments have advised that students can continue to attend school, as long as they are not sick and do not think they have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with swine flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else – such as group childcare, the mall, or sporting events – where other people would be exposed to flu germs. It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection.

- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that 's about as long as it takes to sing the "Happy Birthday" song twice).
- Teach your children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve – not your hands!
- Help your children to learn these healthy habits by setting a good example and always doing them yourself.

If we all practice good hygiene, health officials believe we can limit the spread of swine flu at this time. As a precaution we are consulting with local health officials regarding best cleaning practices for infection control in our buildings.

While swine flu has not yet affected our school district, if it continues to spread statewide and local students become ill, it may become necessary to close schools for a period of time. We will work with our School Medical Director and County Health officials to monitor the situation here and will make all decisions in consultation with them and state officials. We will inform parents immediately if the situation changes and it becomes necessary to close schools.

If schools are closed, please do not make arrangements – such as sending children to a friend’s home or group childcare – that will put them in close contact with other children. It is important to plan ahead. Have a family discussion now to consider options in advance of the event of a school closing.

**Please stay informed by paying attention to media reports. You may also get information at [www.cdc.gov](http://www.cdc.gov), [www.nyhealth.gov](http://www.nyhealth.gov), [www.schoolhealthservices.com](http://www.schoolhealthservices.com), or the 24-hour toll-free hotline that New Yorkers across the State can use to get answers to their questions. The hotline is 1-800-808-1987. You can find more information by visting [www.slcs.org](http://www.slcs.org), or calling 518-891-5460.**

**Thank you for your cooperation in keeping our children and our schools healthy.**

Sincerely,

A handwritten signature in black ink that reads "Gerald Goldman". The signature is written in a cursive, slightly slanted style.

Gerald Goldman  
Superintendent of Schools