



South Hunterdon Regional High School

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Dear Parents and Guardians:

Welcome to the 2009-2010 school year. We are planning to have an exciting, challenging, healthy and safe year. To that end, we want to share with you important information regarding the possible widespread resurgence of the swine flu this fall.

As reported by the Centers for Disease Control (CDC) and communicated through the media, the novel H1N1 influenza (swine flu) is expected to make a significant comeback this fall as students head back to school. Our school district has been working closely with the Hunterdon County Health Department and other school districts throughout the summer to prepare for the possible increase in H1N1 flu cases.

Any information that we receive about the H1N1 flu from the county health department or CDC will be sent to you via email as soon as possible. We will also post the information on our district website (www.shrhs.org). While we will do our very best to communicate information to you, we also need information from you in return.

In order for us to properly monitor any new cases of flu-like illness in our high school, it would be beneficial if you could tell us whether your child is out sick due to flu-like symptoms. When you call to report your child absent due to illness this school year, please indicate if your child has flu-like symptoms such as fever greater than 100 degrees, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Sharing this information with the school nurse will help us track any possible H1N1 flu cases in our school.

We also wanted to make you aware of an important recommendation from the CDC that was published on August 5, 2009, regarding the amount of time persons with flu-like illness should be away from others (posted on CDC website: www.cdc.gov/h1n1flu/guidance). The CDC is asking people who have flu-like illness to remain at home until at least 24 hours after they are free of fever, or signs of fever, without the use of fever-reducing medications. Based on the H1N1 outbreak in spring 2009, the exclusion period for someone with the H1N1 virus is 3 to 5 days for most cases. We would greatly appreciate if you could follow these CDC recommendations if your child is sick with the flu. The CDC is also asking that when people return to school or work after having the flu to please continue to practice good respiratory etiquette (i.e. cover your cough) and hand hygiene and avoid close contact with people they know to be at increased risk of influenza-related complications.

It has been our goal each year to maintain an effective and multi-faceted two-way system of communication between our homes and our schools. In light of what may be coming this fall, this two-way communication will be vitally important. We will keep you informed, but we also need to be informed.

Thank you for your patience and understanding as we continue to try to do what is best for our students, staff, parents, and community members.

Sincerely,

Nancy H. Gartenberg
Superintendent