

September 10, 2009

Dear Parents:

Port Allegany School District's relationship with our parents and students is extremely important. My goal with this communication is to update you on the precautions the district is undergoing in light of the national spread of the H1N1 Influenza A virus. This was previously referred to as "swine flu." Fortunately, the vast majority of cases are mild and, at this point, the H1N1 virus appears no more severe than the seasonal flu.

Port Allegany School District's health services have been monitoring and receiving many updates from the Department of Health and Department of Education. Mrs. Rohrer and Mrs. Mulcahey, School Nurses are in contact with Dr. Jason Tronetti, School Physician and other health care providers regularly to monitor the events.

As a public health caution – it is important for all faculty, staff, students, and all household and family members to take the following flu/respiratory disease precautions.

- Avoid contact with ill people if possible and practical
- Cover your mouth and nose when you cough or sneeze
- Dispose of used tissues in the trash
- Do not share food, drink, or utensils
- Wash hands frequently or use an alcohol based hand sanitizer
- Avoid touching your eyes, nose or mouth – germs spread this way

If your child becomes ill with influenza-like symptoms including fever, body aches, runny or stuffy nose, sore throat, nausea, vomiting, or diarrhea, you should keep your child home and if possible avoid unnecessary contact with other people. It is recommended that individuals stay home 24 hours after the fever has subsided.

If you have questions about this issue, please contact the health offices of the elementary school at 642-9557 or the high school at 642-2544. Although we can not eliminate the spread of the H1N1 virus, our collective efforts can significantly minimize its reach and overall impact. Thank you for your support.

Sincerely,

MARTIN A. FLINT
Superintendent

MAF:ll