

# Ballston Spa

Educating Everyone Takes Everyone

C E N T R A L S C H O O L D I S T R I C T

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Dear Parents/Guardians:

Our school district continues to monitor information on the spread of H1N1 influenza and the flu-like symptoms of our students. Our health leaders are following the guidance from the Centers for Disease Control and are communicating with Saratoga County Public Health officials. We remain proactive with preventive measures, including sharing educational materials, increasing our focus on our school cleaning protocols and health surveillance. We are asking parents to read over the following information, develop daycare plans for ill students, and work in partnership with us to prevent the spread of the virus in our school community.


The primary means to reduce the spread of flu in schools is to focus on early identification of ill students and staff. Influenza spreads easily from person to person primarily through the coughing and sneezing of infected people. School nurses will monitor illness among students and staff, sending sick individuals home. When excluded from school due to illness, students also need to remain out of school related activities while ill. This flu is generally mild with most people recovering in 3-5 days. Individuals with a fever (100 degrees or above) should stay home for at least 24 hours after they are free of fever (without the use of fever reducing medicines).

Also, we will continue to encourage other methods of reducing the spread of flu. Good hand hygiene and respiratory etiquette will be reviewed with our students. We will be teaching the following and ask for your support:

- Encourage good hand hygiene by using soap and warm water, lathering a minimum of 20 seconds. Use hand sanitizer if soap and water are not available. Wash hands before meals, after recess and physical education, and other times as needed.
- Teach respiratory etiquette. Cough into a tissue, discard and wash hands. If a tissue is not available, cough into your sleeve.
- Stay home when sick or experiencing influenza-like illnesses.

Additional information is available on our website, [www.bscsd.org](http://www.bscsd.org), at <http://www.health.state.ny.us/> or <http://www.cdc.gov/h1n1flu/>. You should also sign up for the School News Notifier System on our website if you have not already done so. If there is any specific updated information to share about flu related news, we will send out information quickly via the email or text message systems. Feel free to contact your child's school nurse directly if you have specific questions. Thank you in advance for your cooperation and assistance.

  
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Janice McPhee, RN  
District Health Leader