

A message about the Influenza,

As you are aware, an outbreak of Swine Flu is projected for this year. Current predictions vary from relatively mild to severe. Schools across the country are making preparations to minimize the effects of Swine Flu. We are also preparing for this outbreak. We have contingency plans in place and dedicated part of our in-service training this August to educate our staff.

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to reduce the spread of flu at State College Friends School. We want to keep the school open to students and functioning in a normal manner during this flu season. **However, we need parent help.**

Here are a few things that you can do to help.

Have your children wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.

Ask your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Remind them to cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is not available.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.

Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.

If the flu becomes more severe, we may take additional steps to prevent the spread such as: conducting active fever and flu symptom screening of students and staff, making changes to increase the space between people, limiting movement between classrooms, canceling large gatherings, postponing class trips, and dismissing students from school for at least 7 days if they become sick.

We are in touch with the local school district and health department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available. For more information, see the attached flyer and visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Warm Regards

Dan Hendey
Head of School