

Millburn Community Consolidated School

DISTRICT 24

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September 11, 2009

Dear Parents/Guardians,

With the start of the new school year we are reminding students, staff, and families of the role we each play in maintaining a healthy school environment.

Children will be reminded of the following everyday actions they can take to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze.

Children are

reminded to cough or sneeze into their arm or elbow.

- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.

Alcohol-based hands cleaners are also effective and available to students.

• Avoid touching your eyes, nose, or mouth as germs are spread this way.

• Stay home if you get sick and limit contact with others to keep from infecting others.

The Center of Disease Control has issued recommended school responses for the 2009-2010 school year for conditions of similar severity as in spring 2009.

- **Stay home when sick:** Those with flu-like illness should stay home for **at least 24 hours** after they no longer have a fever, or signs of a

fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs.

- **Separate ill students and staff:** Students and staff who appear to have flu-like illness will be separated from others until they can be sent home.
- **Hand hygiene and respiratory etiquette:** Emphasize the importance of basic foundations of influenza prevention: stay home when sic, wash hands frequently with soap and water when possible, and cover noses and mouths when coughing or sneezing.
- **Routine Cleaning:** School staff will routinely clean areas that students and staff touch often with cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.
- **Early treatment of high-risk students and staff:** People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. People at high risk include those with asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.

District 24 will be adhering to these recommendations. We will continue to monitor CDC recommendations and adjust practice as needed.

Here is to a safe and healthy year!

Sincerely,

Dr. Ellen E. Mauer
Superintendent