

**CHATHAM CENTRAL SCHOOL DISTRICT**  
**OFFICE OF THE SUPERINTENDENT**  
**50 Woodbridge Avenue**  
**Chatham, NY 12037**

September 17, 2009

Dear Parents and Guardians:

Welcome back to a new school year. You may have seen media coverage regarding flu and its possible impact on school-aged children. At Chatham Central Schools, we have reviewed the guidance provided by health and education officials. Based on that information, we are taking steps to reduce the spread of flu and keep school open to students and functioning in a normal manner during the flu season.

We are:

- Reminding students to cough/sneeze into a tissue or their elbows or sleeves rather than their hands
- Reinforcing proper hand washing technique
- Providing increased facilities and opportunities for hand washing or sanitizing
- Cleaning surfaces and items that have frequent hand contact
- Counseling staff and students to stay home if they are sick.

In order to provide the safest school environment possible, we are asking for your help. Here are a few things you can do to help:

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub.
- Teach your children not to share personal items like drinks, food, or utensils.
- Teach your children to cover their coughs and sneezes with a tissue or their elbow, arm or sleeve when a tissue is not available.
- Know the signs and symptoms of the flu. Symptoms include fever of 100 degrees Fahrenheit or higher, cough, sore throat, runny or stuffy nose, body aches, headache, or feeling tired. Some people may also vomit or have diarrhea.
- Keep children home for at least 24 hours after they no longer have a fever, without the use of fever-reducing drugs. This includes keeping them from concerts, games, or other extra-curricular activities. Keeping children with a fever at home will reduce the number of people who may get the flu.
- Do not send children to school if they are sick. School staff will be observing children's health status and any children who are determined to have flu symptoms must be sent home.

We are working closely with the County and State health departments to make decisions about the best steps to take concerning our schools. If the flu becomes severe, we may take additional steps to prevent the spread. For now we appreciate your support as we work to provide a safe and healthy environment for our children.

Sincerely,

*Cheryl Nuciforo*

Cheryl Nuciforo  
Superintendent of Schools