

Sedgwick Elementary School

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Donald A. Buckingham, Ed.D., Teaching Principal
Lynnette Grindle, Administrative Assistant

September 16, 2009

Dear Parents,

With the upcoming Seasonal Influenza and H1N1 Influenza season approaching, Sedgwick Elementary School is following the guidelines of the Centers for Disease Control (CDC) to keep your child healthy. H1N1 symptoms are similar to the symptoms of regular seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with H1N1 also reported having runny noses, sore throat, nausea, vomiting and/or diarrhea. It is recommended that all children 6 weeks to 18 years be vaccinated for Seasonal Influenza and H1N1. Seasonal vaccine is expected to be available at the end of September and the H1N1 in the middle of October. We encourage you to speak with your Primary Care Physician about having your child vaccinated. We are developing a plan to partner with Blue Hill Hospital and Healthy Peninsula in offering vaccination clinics. The dates and locations of the clinics have yet to be determined. We will let you know as soon as they are.

- If your child has a fever or sore throat and/or cough they will need to stay home for 24 hours after the fever has completely gone without any fever suppressing medication, i.e. Advil, Tylenol, etc.
- Please reinforce with your children the importance of sneezing/coughing into a tissue or sleeve.
- Avoid close contact with people who are sick and keep your distance from others to protect them from getting sick.
- Remind children to wash their hands frequently with soap and water for the amount of time it takes to sing Happy Birthday twice.
- Avoid touching your eyes, nose or mouth. Germs are spread when a person touches something that is contaminated with germs and then touches his eyes, nose or mouth.

We will encourage students to practice proper hand washing techniques and respiratory etiquette. We will also be providing alcohol based hand sanitizers in all classrooms. As more information becomes available from the Maine CDC and other official sources, we will inform you. Additional information on the Seasonal and H1N1 flu viruses is available at www.flu.gov and www.cdc.gov.

If you have questions, please contact School Nurse Barbara Grindle here at the school.

Sincerely,

Don Buckingham, Teaching Principal