

REGION 15 POMPERAUG
REGIONAL SCHOOL DISTRICT 15
Serving the Communities of Middlebury and Southbury, Connecticut

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Frank H. Sippy, Ph.D.
 Superintendent of Schools

3 September 2009

Dear Parents and Guardians,

Welcome to the 2009-10 school year. We are sure that you have heard about the H1N1 influenza strain (swine flu), and I want to take this opportunity to update and remind you about some important information related to this issue, as well as, the seasonal flu issue.

This year we will be monitoring for both the **seasonal flu** and the **H1N1 (swine flu)**. The Pomperaug District Department of Health will be conducting **seasonal** flu shot clinics for Regional School District 15 families as follows:

- Long Meadow Elementary School Cafeteria on the 28th of September from 4:00 to 5:30 p.m.
- Rochambeau Middle School Room 2 on the 1st of October from 4:00 to 5:30 p.m.

The vaccine is available at no cost to the uninsured or underinsured child (to 18 years old). The following insurances will be accepted: Medicare (part B); ConnectiCare; HealthNet; and Anthem Blue Cross and Blue Shield. For everyone else, there is a \$32 fee for the seasonal flu vaccine.

Clinics for the **H1N1 flu (swine flu)** vaccine will be held when the vaccine becomes available. Vaccination will be according to guidelines established by the Center for Disease Control. As we learn more about the availability of the **H1N1 flu (swine flu)** vaccine, we will be sending that information home to you. Information will also be posted on the Region 15 web-site at:

www.region15.org

We know that the most effective way to protect people from the flu and other illnesses is to keep sick people away from healthy people. If your child is sick, you must keep your child home. Staying at home when sick stops the spread of the flu and other illnesses and helps the sick person get well.

Check your child every morning before sending him or her to school:

If your child has:	Then you must:
<ul style="list-style-type: none"> • Fever (100 degrees Fahrenheit or 37.7 degrees Centigrade) AND* sore throat or cough. • Fever alone, OR • Vomiting or diarrhea, OR • Sore throat or new cough with no new fever. 	Keep your child home until symptoms are gone for 24 hours.** Your child might have the flu. Other symptoms can include runny nose, body aches, vomiting, and diarrhea.

* If you don't have a thermometer, feel your child's forehead with your hand. If it is much warmer than usual, your child probably has a fever.

** Guidance on how long to keep a child with flu symptoms home is subject to change. For the most updated information, visit the Connecticut Flu Watch web-site: <http://www.ct.gov/ctfluwatch>

Schools and families have a shared responsibility for keeping illness contained as much as possible. If your child comes to school with the symptoms of flu as described above, or if your child develops these symptoms when he or she gets to school, your child will be sent home. Now is a good time to make arrangements for your children in the event they must be sent home. A sick child should not be sent to a child-care setting where others can be infected. Please ensure throughout the course of the school year that your school has your current contact telephone number.

Since the health and safety of your children is our number one priority, Region 15 will be monitoring for influenza-like illnesses in all schools. The following measures will be taken to keep our students healthy:

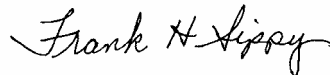
- Send any students or staff members home if they have flu-symptoms.
- Provide tissues in all classrooms. (You may want to provide your child with tissues for his/her desk and backpack.)
- Provide alcohol-based hand sanitizers throughout the buildings.
- Clean rooms and surfaces as prescribed by the Center for Disease Control.
- Remind students to cover coughs and sneezes and to clean their hands especially after coughing or sneezing.

The most up-to-date H1N1 (swine flu) information may be accessed by visiting the Center for Disease Control's website at:

www.flu.gov

Thank you for cooperation and assistance in keeping our school environment as healthy as possible for all students and staff. Best wishes to your family for a successful and healthy school year.

Sincerely,



Frank H. Sippy