

NEW BOSTON CENTRAL SCHOOL  
*"A Special Place to Learn and Grow"*  
15 Central School Road  
New Boston, NH 03070  
(603) 487-2211

October 29, 2009

Dear Parents,

The H1N1 flu continues to surface within our schools and communities. We would like to thank you for your support and cooperation in monitoring your child(ren) when they appear to have symptoms of illness. It is important that we work together to keep our schools a safe and healthy place. This notice is a reminder for all of us as the H1N1 flu and other flu like symptoms appear within our schools.

We are continuing to take active steps to reduce the spread of flu in SAU#19. As you may know, flu can be easily spread from person to person. We want to do all that we can to reduce student illness and absences. But, we need your help to do this. We are working closely with the New Hampshire Department of Health and Human Services Communicable Disease Control Section to monitor flu conditions and make decisions about the best steps to take concerning our schools. We will keep you updated with new information when it becomes available.

For now we are doing everything we can to keep our school functioning as usual. 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. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or utensils.
- Teach your children to cover up their coughs or sneezes using their elbow, instead of their hand when a tissue is unavailable.
- 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 a fever or signs of a fever, without using fever-reducing drugs. (Keeping children with a fever at home will reduce the number of people who may get infected). Any child determined to be sick while at school will be sent home.

For more information, you can visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For more information about the flu in our community, call the Communicable Disease Control Section at the Division of Public Health Services (603) 271-4496 and speak to the Public Health Professional on call if you have specific influenza related questions. We will notify you of any additional changes to our school's strategy to prevent the spread of flu this year.

Sincerely,

Rick Matthews  
Principal