



Rochelle Park School District

Board of Education

300 Rochelle Avenue
Rochelle Park, NJ 07662
Phone: 201-843-5279
Fax: 201-843-5358

CATHERINE MOZAK
INTERIM SUPERINTENDENT

THERESA H. GUASTELLO
BUSINESS ADMINISTRATOR/
BOARD SECRETARY

September 3, 2009

Dear Parents/Guardians,

The district recently participated in the New Jersey Pandemic Flu Summit, which disseminated information to school administrators and Board of Health officials regarding updates on H1N1 (swine flu), and how it may impact schools. In addition, we receive regular updates from the New Jersey Department of Education, the Center for Disease Control and Prevention, as well as from our school physician.

We have learned that the following conditions may increase the risk of contracting the H1N1 flu:

- Asthma
- Morbid obesity
- Pregnancy
- Neurocognitive or neuromuscular disorders

Additionally, teens and young adults may have an increased risk of contracting the H1N1 virus. Ages three to twenty-four were cited.

We have been advised that it is important for everyone be aware of recommendations from the Center of Disease Control and Prevention and the New Jersey Department of Health and Senior Services for seasonal flu and H1N1 vaccinations. First, it is advised that you consult with your family's physician about the administration of the seasonal flu vaccine within the months of October and November. Secondly, the H1N1 vaccine should be available for administration in mid to late October and may require two separate doses, three weeks apart, per individual. Again, please contact your health care provider for his or her recommendations regarding your family's needs for this vaccine.

Symptoms of H1N1 can be similar to that of the seasonal fu which are: Fever of 100°F or greater, cough, sore throat, runny or stuffy nose, lack of appetite, fatigue, headache and/or body aches. A significant number of people who have been infected with H1N1 flu virus also have reported diarrhea and vomiting.

If you observe any of these symptoms in your child, please keep him/her home and call your health care provider with any questions or concerns. It is very important to keep your child home if he/she is sick. **Please know that if your child has a fever, you are required to keep him/her home for twenty-four hours after the fever has subsided.**

Please teach your children the steps they can take now to decrease their chances of catching the flu:

- Wash hands thoroughly and often with soap and water, especially if there is visible dirt;
- Use hand sanitizers, which can also effectively remove germs;
- Avoid touching the face, nose and eyes;
- Cover coughs and sneezes with tissues and dispose of them properly and
- Cough into the sleeve or elbow, if a tissue is not available, not in the hands or air.

We are paying special attention to the daily maintenance and cleaning operations of our school with a special emphasis on shared areas such as doorknobs, desks, keyboards, railings and faucets.

In accordance with New Jersey Department of Education and the New Jersey Department of Health and Senior Services guidelines, we will make every effort to keep the schools open should the H1N1 flu become widespread. And, in the event that schools must close, we are in the process of developing ways in which students may continue their learning at home. To that end, we will communicate our plans with you as they are developed.

It is also important to stay informed by accessing reliable sources of information on the radio and TV, as well as by visiting www.bergenhealth.org, www.cdc.gov/H1N1flu, and <http://www.nj.gov/health/flu/> on the web.

Sincerely,



Catherine Mozak
Interim Superintendent

CM/emk