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**UPDATED HEALTH ADVISORY
MAY 15, 2009
H1N1 FLU**

We have been informed by the Department of Health that there is a confirmed case of H1N1 Flu (previously known as Swine Flu) in a New Rochelle student at Davis Elementary School.

As you are probably aware, H1N1 flu is a respiratory infection caused by an Influenza virus.

Most of the cases of H1N1 Flu which have occurred in the U.S. have been mild. However, since it is our practice to provide accurate information to our community, we have chosen to inform the community of this case. It is possible, even likely, that there will be more cases in our school community. There is no reason for undue concern.

As a reminder, the symptoms of H1N1 Flu appear to be similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting as well. Individuals experiencing these symptoms should seek medical attention.

To lower your risk of influenza or contagion of H1N1 Flu, follow common sense measures:

- **CONTACT** – avoid close contact with people who are sick.
- **CONTAIN** – if you know you are sick, stay home from work & avoid public places.
- **COVER** – cover your nose and mouth with a tissue when you sneeze or cough.
- **CLEAN** – wash your hands with soap and water often.

There is no vaccine available for this form of the Flu, but the anti-Flu medications Tamiflu and Relenza are effective if taken within the first 48 hours of becoming ill.

We will continue to work with the Department of Health, to monitor the situation. All schools in the District will undergo enhanced disinfection and cleaning this weekend.

Should any student or staff member be diagnosed with Influenza and have further testing for H1N1 Flu, that individual should remain home for 7 days after the onset of the illness or 24 hours after symptoms resolve, whichever is longer, which is the recommendation of the U.S. Centers for Disease Control. Your cooperation is required.

Because of this public health situation, we need any students who have been absent for three or more school days to return to school through the Nurse's Office with written medical clearance.