

**WILSON CENTRAL SCHOOL DISTRICT  
412 LAKE STREET - P.O. BOX 648  
WILSON, NEW YORK**

October 19, 2009

Dear Parents/Guardians:

This letter is to inform you that students from the component districts attending the Orleans/Niagara BOCES have confirmed cases of H1N1.

**What is 2009 H1N1 (swine flu)?**

2009 H1N1 (sometimes called “swine flu”) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009.

**How does 2009 H1N1 virus spread?**

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person-to-person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something - such as a surface or object - with flu viruses on it and then touching their mouth or nose.

**What are the signs and symptoms of this virus in people?**

The symptoms of 2009 H1N1 flu virus in people include:

fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, some may experience vomiting and diarrhea.

**Stay home when sick.**

Students or staff with H1N1 should stay home for at least 24 hours after they are free of fever (100° F or 37.8° C) or signs of a fever without the use of fever-reducing medicines (e.g., ibuprofen, acetaminophen, etc.). They should stay home even if they are using antiviral drugs.

**Hand Hygiene:**

Students and staff should practice good hand hygiene to help reduce the spread of flu. Hand hygiene includes traditional hand washing (with soap and warm water, lathering for a minimum of 20 seconds), or the use of hand sanitizers when soap and water are not available and hands are not visibly dirty.

**Respiratory hygiene/cough etiquette:**

The flu virus spreads from person-to-person in droplets produced by coughs and sneezes. Therefore, it is important that students and staff cover their mouths or noses with a tissue when coughing or sneezing and dispose of the tissue appropriately. If no tissue is available, using the inside of the elbow (or shirtsleeve) to cover the mouth or nose is preferable to using the hands. Always perform hand hygiene after handling dirty tissues or other soiled material.

For more information concerning H1N1 you may visit the Center for Disease Control ([www.cdc.gov](http://www.cdc.gov)).

Please contact your school nurse at 751-9341: High School: Sue Dean or Mary Canfield, Ext. 125; Thomas Marks: Anita Pearce, Ext. 160; W. H. Stevenson: Maureen Koroschetz, Ext. 144 should you have any questions or concerns.

Michael S. Wendt, Ed.D.  
Superintendent of Schools