



Town of Redding
Health Department

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Dear Parents,

As you might know the United States is preparing for a second wave of H1N1 swine flu during the upcoming school year in addition to the traditional seasonal flu. Scientists anticipate that this wave will impact school age children the most. It is expected that the impact from the new H1N1 will be more severe than what occurred this past spring, therefore in efforts to limit disruption to this school year it is vital to implement effective measures to decrease the spread of flu.

Below is an important list of steps for you and your family to take to help protect them from flu and the spread of disease. Faithful adherence to them will greatly reduce the potential disruption to the school year.

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleansers may also be effective.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, **not into your hands.**
- **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs a fever (without the use of fever-reducing medicine). A fever temperature is equal or greater then 100 degrees Fahrenheit. Keeping sick students at home means they keep their viruses to themselves rather than sharing them with others.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

These methods have been proven to be the most effective way to stay healthy, and diligent adherence to them will make a difference.

In the interest of the students and staff we thank you for your time and attention to this challenging issue.

Additional information can be found at www.cdc.gov/swineflu and www.ct.gov/ctfluwatch

Dr. Lawrence Leibowitz
Redding Director of Health