

Saranac Central School District

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Dear Parents,

Now that we are back in school and in close contact with others, we would like to pass along these reminders for staying healthy.

Good hygiene and respiratory etiquette are the keys to maintaining good health. Hand washing continues to be the most effective way to prevent the spread of both respiratory and skin infections.

Encourage your children to wash their hands frequently, to cough or sneeze into their arm or into a tissue, and to dispose of the tissue in a wastebasket. They should be taught to keep their hands away from their eyes, nose and mouth, as these are entry sites for germs. In addition, discourage sharing of food or drinks and other personal items, such as towels or washcloths. All cuts and scrapes should be cleaned well with soap and water and covered to avoid spreading infection.

The signs and symptoms of the seasonal flu and the H1N1 flu are similar. These include a cough, runny or stuffy nose, sore throat and fever of 100 degrees or higher. Other symptoms may include a headache, body aches, chills, fatigue and vomiting and diarrhea. If your child exhibits the above symptoms, please keep him/her home from school and child care settings until the symptoms have subsided. Your child should not return to school until fever free for a minimum of 24 hours (without medication). Other steps to take should include separating your child from other family members as much as possible and disinfecting items that he/she uses. After your child's symptoms improve, replace his/her toothbrush or clean it with peroxide, change bed linens and replace washcloths and towels.

Skin infections can be avoided by cleaning all cuts or scrapes with soap and water. Wounds should be covered to keep them clean and to minimize exposing others. Infection is spread mainly by skin-to-skin contact or contact with a contaminated item, such as towels, razors, clothing or athletic equipment. Athletes who participate in sports where equipment is collectively used are encouraged to reduce sharing as much as possible and to regularly disinfect equipment. Athletes should shower as soon as possible after games and practices and wash their uniforms or practice clothing frequently.

Following these simple guidelines will help minimize your risk of infection and keep our school community healthier. Please feel free to contact your school nurse with questions or for further information.

Sincerely,

The Saranac Central Nursing Staff:

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Brenda Martin
Beth Besaw
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