



SECAUCUS PUBLIC SCHOOLS

“Excellence in Education”

Cynthia M. Randina
Superintendent of Schools

Administration Building
20 Centre Avenue
P.O. Box 1496, Secaucus, N.J. 07094-1496
Telephone 201-974-2004 Fax: 201-617-0197
Email: crandina@sboe.us

Summer 2009

Dear Parents,

We wrote to you recently to tell you about the influenza A H1N1 (swine flu). Please be assured that while H1N1 is still a cause for concern in New Jersey, there is no cause for alarm.

The New Jersey Department of Health and Senior Services and the New Jersey Department of Education are in contact with local school districts and health departments, who will continue to communicate with staff, students and parents, and who will follow the same kinds of universal precautions that have helped us in the fight against season flu and other viruses.

As we prepare for the upcoming school year, we want you to protect yourself and your family against flu. Here are some ways to stop the spread of germs and sickness and take care of your family:

- Keep children who are sick at home. **Don't send them to school.** Call your family doctor if you have any questions;
- If someone in your home is sick with the flu, keep them away from those who are not sick;
- If someone in your home is sick with the flu and unable to see a health care provider, some things you can do to help them are:
 - Have them drink lots of liquids (juice, water, broth, sports drinks);
 - Keep the sick person as comfortable as possible. Rest is important;
 - For fever, sore throat and muscle aches, in adults, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness;
 - Keep tissues and a trash bag within reach of the sick person;
 - Be sure everyone in your home washes their hands frequently;
 - Everyone should cough and sneeze into a tissue, sleeve or into the inside of their elbow, never cough or sneeze into your hands;
 - Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

The Department of Health and Senior Services has a toll-free hotline to answer questions from the general public, 1-866-321-9571. Or visit <http://nj.gov/health>.

Sincerely,

Cynthia M. Randina
Superintendent of Schools