



CENTRAL VALLEY SCHOOL DISTRICT

160 Baker Road Ext.
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Dr. Daniel J. Matsook, Superintendent
Mr. Nicholas Perry, Assistant Superintendent

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October 13, 2009

Dear Central Valley School District Parents/Guardians,

The district is sending this letter to keep you informed of developments concerning the H1N1 influenza. The Central Valley School District has been monitoring flu-like illnesses since the first week of school. We now have two confirmed cases of H1N1.

The Centers for Disease Control (CDC) issued new guidelines for school districts in August, and Central Valley School District has coordinated a plan for H1N1 and the traditional flu season. The CDC expects the majority of schools will have students that experience influenza-like illness, and our district is no exception. According to the CDC, as of September 2009, more than 99% of circulating influenza viruses in the United States are 2009 H1N1. Therefore, at this time, if your health care provider determines that you have the flu, you most likely have 2009 H1N1."

Federal, state and local health officials are strongly urging everyone to take preventive action to reduce the spread of disease and to keep schools open during the flu season. Let me assure you that the health and well-being of our students is our top priority, and we are working closely with the Pennsylvania State Health Department guidelines to limit the spread of influenza. But, we need your help to do this. Please take the steps below to help keep your child healthy.

Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home. It is important to plan now in case your child becomes ill.

Teach your children to wash their hands often with soap and water or use hand sanitizer. You can set a good example by doing this yourself.

Teach your children not to share personal items like drinks, food or unwashed utensils.

Teach your children to cover up their coughs or sneezes using their arm or sleeve instead of the hand when a tissue is unavailable.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Keep sick children at home for at least 24 hours after they no longer have a fever or do not have signs of fever, without using fever-reducing drugs (Tylenol, Advil, Motrin, Aleve). Keeping children with a fever or continued symptoms such as frequent coughing at home will reduce the number of people who may get infected.

If your child is sent home from school, we encourage you to consult with your healthcare provider, especially if the symptoms are severe or your child has an underlying health condition. If you have any further questions, please contact your healthcare provider for specific H1N1 information.

Sincerely,

Dr. Daniel J. Matsook