

Oxford Central School
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Mr. Robert J. Magnuson
Chief School Administrator

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Ms. Milissa Dachisen
Vice Principal

September 3, 2009

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in the Oxford Central School. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the local health agencies and the Warren County office of the Department of Education to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available. Our school website, www.oxfordcentral.org, will have plenty of information concerning this disease.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, 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, 37.8 degrees Celsius 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 fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **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*.

If the flu becomes more severe, we **may** take additional steps to prevent the spread of the disease and keep the school open.

Please join me here in the OCS library on Wednesday, September 9th for a roundtable discussion and question/answer session. The meeting will start at 7:00 pm.

For more information, see the attached flyer and visit www.co.warren.nj.us, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit our school website or call the Main Office and we will return your call as soon as possible. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Robert Magnuson