



## SANBORN REGIONAL SCHOOL DISTRICT

School Administrative Unit #17

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Dear Parents:

The Department of Health and Human Services (DHHS) is encouraging residents of New Hampshire to continue taking steps to prevent H1N1 (swine) flu and to be better prepared in case the illness becomes more severe this fall. DHHS has been monitoring the outbreak of this novel strain and there are still cases occurring in communities around the State and nationwide.

“The State has been spending the last several years preparing for a possible pandemic,” said DHHS Commissioner Nicholas Toumpas, “and our Department especially, as the lead agency for this response, has been accelerating our efforts the past few months after the outbreak of H1N1 this spring. No one can predict for sure just how this virus might change over time but we want to be as prepared as possible to protect the health of New Hampshire’s citizens.”

The Centers for Disease Control and Prevention (CDC) and other federal agencies are working in coordination with vaccine manufacturers to develop a vaccine for H1N1. It’s unclear when doses will be delivered to New Hampshire, how many, and how many shots people may need to receive. The vaccine is still in the development phase, and it is possible the federal government may even decide not to use it depending on what the virus does.

“We are working hard to be ready for whatever happens,” said Public Health Director Dr. José Montero, “but in the meantime we are planning to begin our seasonal flu vaccination campaign as soon as doses arrive in New Hampshire to ensure our citizens are protected from the seasonal strains of flu.”

New Hampshire residents are encouraged to get a seasonal flu vaccine; prepare a family emergency plan; cover their mouth with their sleeve when they cough or sneeze; and stay home from work, school, and other activities when they are sick.

The symptoms of H1N1 flu are similar to seasonal influenza, including fever, sore throat, cough, stuffy nose, chills, headache and muscle aches, and fatigue. Some patients have also reported diarrhea and vomiting and severe illness, including pneumonia and death, have been reported as well.

### **Actions you can take –**

- If you or your child has recently returned from an affected geographic area, monitor for symptoms of influenza for seven days after returning. If symptoms occur, call your healthcare provider for evaluation (be sure to mention your recent travel history).
- If you or your child is sick, stay home from work or school until you are better. Keep sick people away from people who are not sick.

The mission of the Sanborn Regional School District, as the educational center of the community, is to guarantee life-long learning which requires all learners to achieve consistently, to master skills, to acquire knowledge, and to develop the ability to make informed choices.



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- Tell your school nurse or administrator about your child's symptoms so they can watch for other students with the same symptoms.
- Wash your hands well and often. Make sure your children do the same. Wash with soap and water for at least 20 seconds.
- If you can't wash with soap and water, use a hand sanitizer. (Gels, rubs or hand wipes with at least 60% alcohol.)
- Remind children to keep their hands away from their face – don't touch mouth, nose, or eyes.
- Cover your cough. Teach your children to do the same. Cough into the inside of your elbow, or into a tissue – not your hands!
- Throw away used tissues or hand sanitizer wipes. Teach your children to throw away tissues and then wash hands.
- Don't share water bottles, utensils, cups, food, etc. with others.
- If people in your home are sick with the flu and cannot see a healthcare provider, care for them at home – Give plenty of liquids (clear fluids with electrolytes). If you are unsure what over-the-counter medications can be safely used to reduce symptoms, if the ill person is having difficulty breathing, or if they are getting worse, call a healthcare provider.
- You can disinfect hard surfaces in your home with a solution made of one ounce bleach to one gallon of water.

If you have questions, call your school nurse (during school hours) or healthcare provider.

It is important to keep informed about what's happening. You can get more information from:

- CDC website at [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu)
- NH Department of Health and Human Services at [www.dhhs.nh.gov](http://www.dhhs.nh.gov)
- The seasonal flu vaccine go to [www.dhhs.nh.gov/DHHS/IMMUNIZATION/default.htm](http://www.dhhs.nh.gov/DHHS/IMMUNIZATION/default.htm)
- Information on family preparedness visit [www.ready.gov](http://www.ready.gov)
- For a brochure go to [www.dhhs.nh.gov/DHHS/DPHS/LIBRARY/Brochure/7-makes-sense.htm](http://www.dhhs.nh.gov/DHHS/DPHS/LIBRARY/Brochure/7-makes-sense.htm)

Sincerely,

Dr. Brian J. Blake  
Superintendent of Schools