

**WATCHUNG HILLS REGIONAL HIGH SCHOOL
108 STIRLING ROAD
WARREN, NEW JERSEY, 07059**

Dear Parent/Guardian,

Watchung Hills Regional High School is working together with the Somerset County Health Department to respond to the novel H1N1 flu. Public Health Officials are concerned that the virus will re-emerge this fall, with the potential to cause widespread absenteeism and illness. Our response is in accordance with the federal Centers for Disease Control and New Jersey State guidance.

As you know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at Watchung Hills. 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:**

1. **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.
2. **Keep sick children at home** for at least 24 hours after they no longer have fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.

You should plan for your child to be out for at least **3 to 5 days** if they have flu symptoms.

Parents must provide a note upon their child's return to school, and may be asked:

- to check in with the school nurse to verify that they are well enough to be in school.
3. **Talk to your children about washing their hands** often with soap and water or an alcohol based hand rub. You can set a good example by doing this yourself.
 4. **Remind your children about covering their coughs and sneezes** with tissues. They should cover their coughs or sneezes using an arm or sleeve instead of the hand when a tissue is unavailable.
 5. **Tell your children not to share personal items** like drinks, food or unwashed utensils.

Know the signs and symptoms of the flu. Symptoms 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 vomit or have diarrhea.

For more information visit www.flu.gov; call 1-800-CDC-INFO, or visit our web site www.wrhhs.org and go to H1N1 Flu Advisory. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Dr. Frances Stromsland
Superintendent WRRHS