

**OFFICE OF THE SUPERINTENDENT
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April 28, 2009

Dear Parents and Guardians,

As I'm sure you are aware, the World Health Organization and the Center for Disease Control are monitoring the swine flu outbreak in Mexico, and around the world. The following information comes from the Maine CDC officials.

No cases of swine influenza (H1N1), known as swine flu, have been detected in Maine as of April 27, 2009. With many students returning from spring vacation, Maine CDC is providing the following guidance for these settings. It is important for people to stay informed by monitoring websites such as the Maine CDC or US CDC websites. At this time, Maine CDC recommends that schools increase education on respiratory hygiene and monitor attendees for acute febrile respiratory illness. Staff and children (as developmentally appropriate) should all be taught and asked to follow these steps that prevent the transmission of infections such as influenza:

1. Cover your coughs and sneezes.
2. Avoid touching your eyes, nose and mouth.
3. Wash hands frequently, especially after coughing or sneezing.
4. Stay home if you're sick, especially with a fever. Students with acute febrile respiratory illness, regardless of travel history, should be sent home according to facilities-established procedures with instructions to stay at home until 24-48 hours after their symptoms resolve. Instructions should be given to seek medical care with worsening of symptoms.

At this time, exclusion is not recommended for students who have recently traveled to an affected area and who do not have symptoms. We will update you periodically as we learn more. At each school, the nurses will monitor student and staff illness and be available for any questions that you might have.

Sincerely,

Suzanne T. Godin,
Superintendent of Schools

"ENRICHING LIVES THROUGH QUALITY LEARNING FOR ALL."