

2009-2010

Dear Caledonia Parents:

We all are aware of the recent news of the outbreak of H1N1 flu in Kent County. The news media and the medical community are predicting that the H1N1 will be with us this school year. The outbreak could be serious. At Caledonia Community Schools we are taking precautionary directions from the Kent County Health Department and the CDC (Center for Disease Control).

The CDC's website lists the following precautions and actions to stay healthy and stop the spread of H1N1 Flu.

1. Cover your nose and mouth with tissue when you cough or sneeze and dispose of the tissue after use.
2. Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol based hand sanitizers are very effective too. Wash hands before eating.
3. Avoid touching your eyes, nose or mouth to prevent the spread of germs.
4. Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing sneezing and/or touching infected people.
5. Anyone with flu symptoms is required to recuperate at their home and not attend school. Students are to remain home 24 hours after they are fever free.

Hand sanitizers have been made available throughout Caledonia Community Schools to be used before snack, lunch or anytime that it is necessary to cleanse the hands. Our custodial staff will be taking extra care in cleaning the classrooms and cafeterias.

The best defense recommended in all the material on H1N1 is to wash our hands frequently with soap and water or use hand sanitizer. Good hygiene can prevent the spread of this type of flu.

As a staff, we are working together to provide a safe environment to all of the students at Caledonia Community Schools.

Sincerely,

Jerry Phillips

Superintendent