

*Sachem Central School District*  
*Office of Health and Physical Education, Health Services and*  
*Athletics*  
**51 School Street, Lake Ronkonkoma, NY 11779**

June 9, 2009

Dear Sachem Parents,

We would like to update you on the current state of confirmed flu cases in the Sachem School District. On June 2, 2009 you were notified about one confirmed case of H1N1 (Swine Flu). No additional cases as of the writing of this letter have been confirmed. However, we have seen multiple cases of influenza throughout the district and have been consulting with the Suffolk County Department of Health. We are following the guidelines of the CDC with diligence in our district.

Please assist us in our efforts by reminding your child of the following positive health habits:

- Cover your nose and mouth with a tissue when you cough and sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth as germs can spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, or have flu-like symptoms, you should seek medical attention.
- Flu-like symptoms include: fever of over 100 degrees, cough, sore throat, runny and/or stuffy nose.
- Additional information and symptoms can be found at <http://www.cdc.gov/h1n1flu/>

The Suffolk County Department of Health recommends that anyone with flu-like symptoms stay home from work or school for seven (7) days from the start of symptoms.

We will keep you updated regarding H1N1 via our website and our Connect-ED system. We encourage you to visit the website at [www.sachem.edu](http://www.sachem.edu) for additional information.

Thank you for your continued cooperation and support.

Sincerely,

**John Mankowich**

John Mankowich  
Administrative Assistant for  
Health and Physical Education,  
Health Services and Athletics

**Jack Nussbaum, MD**

Jack Nussbaum, MD  
Sachem School District  
Chief Medical Officer