

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

June 2, 2009

Dear Sachem Parents,

Today, we were informed by the Suffolk County Department of Health that there are students who attend the Sachem School District who have retrospectively been identified as having had a confirmed and possible case of H1N1 influenza, commonly known as the swine flu. There is one confirmed case at Sequoya Middle School and one possible case at Sachem High School North. Both students stayed home for the prescribed amount of time and have been cleared by their physicians to return to school with a clean bill of health. The student with the confirmed case was never in school while he/she was contagious. We continue to take proactive measures by cleaning and sanitizing all district buildings and informing all families and staff of any cases.

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.
- 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. Also, the Department of Health asks that you limit contact with others to keep from spreading the virus.

The district 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 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

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