

Sachem Central School District at Holbrook

Swine Flu Concerns

September 8, 2009

We have been in contact with the Suffolk County Health Department related to swine flu concerns. The best professional advice is also very common sense:

1. Protect yourself and your children by encouraging frequent washing of hands; by limiting physical contact with others; by sneezing or coughing into your elbow rather than into the air.
2. If you or your children have the usual symptoms of flu -- fever, coughing, nausea -- stay home until at least 24 hours after the fever subsides.
3. Swine flu vaccine will be available mid-October and is recommended for children. Regular seasonal flu vaccine is available now and is recommended for many people. Check with your doctor.