

**St. Mary's School**  
735 Union Road  
Vineland, NJ 08360

May 5, 2009

Parents,

St. Mary's School does not have any cases of the swine influenza. At this time, NJ Department of Health and Senior Services recommends that schools increase education on respiratory hygiene.

Staff and children are asked to follow these steps to prevent the transmission of infection:

1. Cover coughs and sneezes.
2. Properly dispose of tissues.
3. Avoid touching your eyes, nose & mouth.
4. Wash hands frequently, especially after coughing or sneezing.
5. If you are sick, especially with a temperature 100 degrees or higher, stay home 24-48 hours after symptoms resolve.
6. Notify the school if you are ill.
7. If your doctor suspects swine influenza, notify the local health department.

The local health departments are interested in testing individuals presenting with influenza-like illness (fever, cough, sore throat), mild respiratory illness (nasal congestion, rhinorrhea) with or without fever, vomiting, diarrhea, myalgia, headache, chills, fatigue, dyspnea and conjunctivitis.

Also, if you have had at least one potential exposure within 10 days of symptom onset as listed below:

- A.) History of travel to an area where swine influenza H1N1 documented in animals and or humans (see <http://www.cdc.gov/swineflue/investigation.htm>) : OR
- B.) Close contact (within 6 feet) to an ill patient who was confirmed or suspected to have swine influenza: OR
- C.) Close contact (within 6 feet) to an ill patient who has traveled to one of the areas above; OR
- D.) Recent exposure to pigs; OR
- E.) Works with live influenza virus in a laboratory.

St. Mary's Nursing Staff