



# Lansing Central School District

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## **Mr. Louis Varga**

Transportation Supervisor  
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Lansing, NY 14882  
607-533-4608

September 14, 2009

Dear Parent/Guardian,

This letter is to inform you about important measures we are taking in the Lansing School District responding to concerns related to the presence of the H1N1 (swine) and seasonal flu. We are working closely with our School Physician, the Tompkins County Health Department, and the New York State Education Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available. We have also developed a Flu Action Plan that will guide our actions internally.

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu and want to keep the school open to students and functioning in a normal manner during this flu season. But, we need your help to do this. Here are a few things you can do to help.

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. This means that if a child has a fever during the day, they will not be able to attend school the next day, even if they wake up the next morning fever free. Keeping children with a fever at home will reduce the number of people who may get infected.
- Do not send children to school if they are sick. If any child is determined to be sick while at school, we will notify parents for pick up and transportation back home.

For more information, please see the attached flyer/additional information and visit our website [[www.lcsd.k12.ny.us](http://www.lcsd.k12.ny.us)]. You can also stay informed by following media reports and visiting these other websites [[www.cdc.gov](http://www.cdc.gov), [www.nyhealth.gov](http://www.nyhealth.gov), [www.schoolhealthservicesny.com](http://www.schoolhealthservicesny.com), [www.flu.gov](http://www.flu.gov)], or call 1-800-CDC-INFO. We will continue to notify you of any additional changes to our school's strategy to prevent the spread of flu.

Thank you for your cooperation in keeping our children and our schools healthy.

Sincerely,

Stephen L. Grimm, Ed.D.  
Superintendent of Schools