



Palmyra Area School District

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Dear Parents/Guardians:

As the school year is upon us, there is a growing concern regarding the upcoming flu season, including the H1N1 influenza. Please allow this letter to serve as assurance that the Palmyra Area School District and its nursing staff, in conjunction with the Pennsylvania Department of Health and the Centers for Disease Control, are providing the following guidelines to help decrease the spread of flu among students and staff during the 2009-2010 school year.

Recommended school responses for the 2009-2010 school year

1. **Immunize:** When available and recommended by your doctor, immunize yourself and your family to protect against influenza, including the H1N1 influenza.
2. **Stay home when sick:** Students and staff members with influenza-like illness, such as a fever of 100.4, chills, and joint and muscle pain, should not come to school. In general, individuals with these symptoms should stay home for at least 24 hours after they no longer have a fever, without the use of fever-reducing medications.
3. **Hand hygiene:** Students and staff should wash their hands often with soap and water, **especially after coughing or sneezing.** A student who enters the nurse's office will be required to wash their hands before being evaluated by the nurse.
4. **Respiratory etiquette:** Influenza viruses are mainly spread from person to person when an ill individual coughs or sneezes. Students and staff must cover their nose and mouth with a tissue when coughing or sneezing, then throw the tissue into the trash after use.
5. **High-risk students and staff should seek early treatment:**
 - Children < 5 years old
 - Adults > 65 years
 - Persons with chronic lung disease, including asthma, cardiovascular disease (except high blood pressure), kidney, liver or blood disorders, nervous system, muscular or metabolic disorder, diabetes, a suppressed immune system due to medication, HIV, cancer, or organ transplant
 - Pregnant women
 - Persons < 19 years who are receiving long-term aspirin therapy

This information can also be found on our district website: www.pasd.us

Thank you,
PASD Nurses

Marjorie Ober CSN
High School

Patty VanScyoc CSN
Pine Street Elementary

Jane Plourde CSN
Northside Elementary

Juanita Collins RN
Middle School

Rosemary Demackiewicz RN
Forge Elementary