



Ichabod Crane Central School District

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Juan H. González

ADULT EDUCATION

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Ernest G. Waldman

<http://www.ichabodcrane.org>

June 26, 2009

Dear Parents,

This letter is to inform you that yesterday afternoon, the school district became aware of an individual who has been diagnosed with the Flu. This person was in school up until June 23. Although, to date, only mild illness has occurred in Columbia County, we realize that many people may be worried and we hope this letter will help address your concerns.

At this time, the local health department has advised us to be alert to Flu-like symptoms including: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with H1N1 flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend group childcare, the mall, or sporting events—where other people would be exposed to flu germs. It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection.

- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
- Teach your children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—not your hands!
- Help your children to learn these healthy habits by setting a good example and always doing them yourself.

MISSION STATEMENT: In our quest for excellence, the Ichabod Crane Central School District is dedicated to preparing all students to meet the challenges of our future and to appreciate the value of their own lives by nurturing each individual's unique talents, instilling a desire for lifelong learning, and fostering a strong spirit of community.

NON-DISCRIMINATION COMPLIANCE STATEMENT: The Ichabod Crane Central School District hereby advises students, parents, employees, and the general public that it offers educational opportunities including vocational opportunities without regard to sex, race, color, national origin, handicap or religion. Inquiries regarding this non-discrimination policy may be directed to: Title IX and Section 504 Compliance Officer, Maureen VanDeusen, Assistant Superintendent for Instruction, Ichabod Crane Central School District, Valatie, NY 12184, (518) 758-7575. A copy of the "In Compliance with Section 1.4 (a)" is available in the Superintendent's Office.

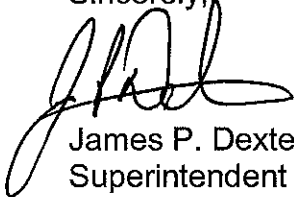
If we all practice good hygiene, health officials believe we can limit the spread of H1N1 flu at this time. We have consulted with local health officials regarding best cleaning practices for infection control in our buildings.

We are working with our School Medical Director and County Health officials to monitor the situation here and will make all decisions in consultation with them and state officials. We will inform parents immediately if the situation changes.

Please stay informed by paying attention to media reports. You may also get information at www.cdc.gov, www.nyhealth.gov, or the 24 hour toll-free hotline that Columbia County residents can use to get answers to their questions. The hotline # is 828-1212.

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

Sincerely,

A handwritten signature in black ink, appearing to read 'J. Dexter', with a large, sweeping flourish at the end.

James P. Dexter
Superintendent