



## ARCHBISHOP SPALDING HIGH SCHOOL

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### OFFICE OF THE PRINCIPAL

September 2009

Dear Parents and Guardians,

I want to inform you of the school's plan to address the H1N1 virus. We have implemented the 'common sense' precautions as outlined by the Centers for Disease Control (CDC) and the Maryland State Department of Health. Namely,

- Hand washing will be encouraged throughout the day and especially at lunches
- Additional soap dispensers and hand sanitizers are being installed in all of the bathrooms and in the hallways
- Lunch tables will be cleaned between lunch periods
- Students will be encouraged to practice 'respiratory etiquette' – coughing/sneezing into elbow or tissue
- Cleaning crew is sanitizing the building each evening with special focus on doors and door knobs
- Faculty has been instructed to refer a student presenting symptoms to the Health Room immediately
- Health Room will be contacting parents at the first sign of illness and student will be sent home

We need your help and cooperation in NOT sending your child to school if they develop the symptoms outlined by the CDC – primarily a sore throat, aches, and most importantly, a fever. The most effective step a family can take to minimize the spread of this virus is to keep your child at home for 24 hours after the fever has ended. If a child does come to school with these symptoms, they will be sent home. This may cause a hardship for some families due to work schedules and obligations. However, the well being of the school community is the priority.

No one can predict what the flu season will actually bring, but we have taken steps to be as prepared as possible and to avoid any kind of panic. The faculty will receive their general flu shots in early September and the H1N1 vaccine as soon as it is available. The CDC has created a health-focused toolkit for teachers and parents. It can be accessed at <http://www.flu.gov/plan/school/toolkit.html>. As always, thank you for your support.

God bless,

Kathleen K. Mahar  
Principal

## **ASHS Health Room Alert**

### **N1H1 (Swine) Flu**

These recommendations are compiled from the Centers for Disease Control and the Maryland State Department of Health:

#### **Protect yourself and others with common sense precautions:**

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing your nose.
- Cover your mouth when coughing or sneezing.
- Use tissues when wiping or blowing your nose; throw tissues away after use.
- If sick, stay home and avoid contact with other people to protect them from catching your illness.

The most important way to limit the spread of H1N1 virus is to isolate sick people. Staying home will minimize the spread of the flu. Use the same judgment you would during a normal flu season. When in doubt, contact your health care provider.

#### **Common Sense H1N1 Flu Checklist:**

- Fever (100° F or higher) AND sore throat or cough – stay home and call your doctor.
- If your child only has a Fever alone, OR vomiting OR sore throat or new cough with no fever – keep your child home from school until symptoms are gone for 24 hours.

\*For more information go to [www.cdc.gov](http://www.cdc.gov) or <http://dhmh.state.md.us/swineflu/index.html>