



# *Sweet Home Central School District of Amherst and Tonawanda*

Office of the Superintendent  
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Geoffrey M. Hicks  
Superintendent of Schools

April 27, 2009

Dear Parents & Guardians,

This letter is to inform you that the State of New York has entered into a heightened surveillance stage resulting from the presence of swine flu virus that is making people sick in several states, including New York State, and also in Mexico. To date, the Erie County Health Department has not reported a case of Swine Flu in the Buffalo region. Many families traveled over the recent Spring break and I wanted to share information about the measures the District is taking regarding this health concern.

- School nurses are on heightened awareness and are monitoring students and staff for signs and symptoms of swine flu.
- Custodial staff is maintaining a regular cleaning schedule of all district buildings and equipment.
- The district is maintaining contact with our school physician and with local health officials regarding best practices for infection control in our schools.

Flu-like symptoms include: fever (over 100 degrees F), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with swine flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea. If you suspect your child is getting the flu it is important that you contact your private physician for evaluation. If your physician confirms a diagnosis of swine flu, we request that you notify the school nurse immediately and provide a medical clearance at the appropriate time for your son or daughter to return to school.

The Centers for Disease Control (CDC) recommends the practices listed below in order to stay healthy and prevent the spread of the swine flu virus. Please help teach your children these practical procedures:

- Avoid close contact with people who are sick.
- Stay home when sick and limit contact with others to keep from infecting them.
- Cover your nose and mouth with a tissue or the inside of your elbow when coughing or sneezing.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth as germs are often spread when a person touches something that is contaminated.
- Practice other good health habits such as getting plenty of sleep, being physically active, drinking plenty of fluids, and eating nutritious food.

Please be assured that the health and well-being of your children is a top priority and that the school district will continue to work closely with health officials to monitor the Swine Flu situation. You can visit the CDC website at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) for more information.

Sincerely,

Geoffrey Hicks  
Superintendent of Schools