

**Pulaski Academy and Central School
2 Hinman Road
Pulaski, New York 13142-2201**

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Dr. Marshall Marshall
Superintendent

Board of Education
Ted Williams, President
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September 28, 2009

Dear Parents:

The annual flu season is approaching and this year we know that will include the H1N1 flu as well as more traditional strands of influenza.

We have been monitoring the information and recommendations from the Center for Disease Control, New York State Department of Health and the Oswego County Health Department as we prepare for the upcoming season.

At school we are cleaning surfaces and items that have frequent hand contact more thoroughly and more often. We continue to promote to all staff and students good hand hygiene and covering mouths when coughing. Everyone will be expected to wash their hands frequently. Our school nurses are on the lookout for flu symptoms and, when observed, will respond with parent contact and advice.

At home, we need you to encourage your children to cover their mouth and nose with a tissue when coughing and sneezing. Everyone needs to wash their hands often with soap and water. Make sure they do not share cups, bottles and food utensils. If your child does get sick, please keep him/her home. Our best defense against spreading flu virus is to keep the viruses to ourselves rather than sharing them with others. Please keep sick students home for at least 24 hours after there is no longer a fever (without the use of fever-reducing medicine).

Vaccinations for seasonal flu and/or H1N1 is an option you could consider.

We will continue to try and keep our schools safe and healthy and we ask that you work with us as well. Let us know if you have any questions.

Sincerely,

Marshall Marshall Ph.D.
Superintendent

MM/da

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