

Madrid-Waddington Central School

Lynn M. Roy, Superintendent

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Dear Parents,

This letter is to inform you that the State of New York has entered a heightened surveillance stage resulting from the presence of a swine flu virus that is making people sick in several states, including New York State and also in Mexico. Despite confirmed cases of swine flu in a private school in Queens, New York City, we believe students can safely travel to the city.

At this time, the state and local health departments have advised us that there are no travel restrictions to New York City. However, we would like to advise and remind students to practice good, life-long health habits. These habits include the following:

- 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.)
- 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.
- Keep their hands away from their face and avoid touching their mouth, nose or eyes.
- Cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve - not your hands!

Health officials believe the spread of swine flu can be limited with appropriate health practices. District administrators are consulting with local health officials to remain informed and updated regarding this issue. We will inform parents and students 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, www.schoolhealthservicesny.com, or the 24 hour toll-free hotline that New Yorkers across the state can use to get answers to their questions. The hotline is 1-800-808-1987.

Do not hesitate to contact me should you have any questions or concerns.

Sincerely,

Lynn M. Roy