

OFFICE OF THE SUPERINTENDENT OF SCHOOLS
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Serving the
Timberlane Regional School District
Hampstead School District

October 28, 2009

Dear Parent,

Hampstead School District continues to be pro-active in dealing with the flu concerns. As you may know, flu can be easily spread from person to person. It is our intent to keep our schools open during this flu season. **However, we need your help to do this.**

We are working closely with the New Hampshire Department of Health and Human Services Communicable Disease Control Section to monitor flu conditions and make decisions about the best steps to take concerning schools and the health and safety of our students and staff. We will keep you updated with new information when it becomes available. **We have been tracking student and staff illness, including flu-like symptoms. At this writing, we have not seen an increase that is cause for alarm. Building attendance averages remain above 90%.**

For now we are doing everything we can to keep our schools functioning as usual. Here are a few things you can do to help.

- **Teach/Remind your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach/Remind your children not to share personal items** like drinks, food or utensils.
- **Teach/Remind your children to cover up their coughs or sneezes** using their elbow, instead of their hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater without using fever-reducing drugs), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours **after** they no longer have fever or do not have signs of fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater without using fever-reducing drugs). Keeping children with a fever at home will reduce exposure to others. Any child determined to be sick while at school will be sent home. **When calling the school to report an absence, if the student is sick with a flu-like illness, please give us that information, as we are being asked to report statistical (no student names) information to NHDHHS and NHDOE.**

For more information about flu in our community and what our district is doing, please visit www.hampstead.k12.nh.us or call the principal's office at Hampstead Central School (603) 329-6326 or Hampstead Middle School (603) 329-6743. The New Hampshire Department of Health and Human Services announced the activation of New Hampshire's H1N1 Flu Public Inquiry Line. **DHHS is urging residents with questions about the H1N1 influenza virus, the H1N1 vaccine, and any other questions related to H1N1 to contact 2-1-1 NH by dialing 2-1-1.**

We will notify you of any additional changes to our district's strategy to prevent the spread of flu.

Sincerely,



Richard A. LaSalle,
Superintendent of Schools



Winfried Feneberg,
Assistant Superintendent