



LINCOLN PUBLIC SCHOOLS

MICHAEL F. BRANDMEYER
SUPERINTENDENT

URGENT ANNOUNCEMENT:

PRESCHOOL CLOSING FOR THE REST OF THE WEEK

October 26, 2009

Dear Parents and Caregivers of Lincoln Preschool Students,

I am writing to inform you that we have experienced a significant increase in the number of students, faculty and staff in the Lincoln Preschool who are ill with flu-like symptoms (fever and cough). Today, approximately 35% of the students who attend the program on Mondays were absent. Four members of the staff were also absent. Additionally, after calling home to check on the wellness of students who attend the program on Tuesdays and Thursdays, we have learned that additional children are sick. Since the H1N1 flu has had a serious impact on young children we are taking steps to limit the spread of the virus and to protect the health of our youngest students.

As a result of this significant increase in students and faculty who are sick and absent from school **we are closing the program for the remainder of this week.** I am taking this action only after consultation with our school nurse and health officials.

We are requesting that you keep your children at home and limit their social interactions so as to minimize the risk of spreading the virus that causes the flu. While we realize that this may be an inconvenience for some families, we hope that you will understand that we are taking this action in an attempt to limit the spread of the flu and to protect the health of your children and our faculty and staff.

We will continue to monitor the health of our preschool students and faculty and plan to reopen the Lincoln Preschool on Monday, November 2nd.

If you are interested in additional information about the H1N1 Flu you may wish to consult www.flu.gov. The following information was provided on this website.

Caring for a Sick Person at Home

If you are taking care of someone at home who has novel H1N1 flu, you should protect yourself and other people in the household.

- Avoid being face-to-face with the sick person. When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face.
- If close contact with a sick individual is unavoidable, consider wearing a facemask or respirator, if available and tolerable. For more information, see [Facemasks and Respirators](#) .

- Ask the person’s health care provider about any special care that might be needed, especially if the person is pregnant or has a [health condition](#) such as diabetes, heart disease, asthma, or emphysema.
- Ask the patient’s health care provider whether the patient or you, as the caregiver, should take [antiviral medications](#).
- Keep the sick person away from other people as much as possible, especially others who are at high risk of complications from influenza.
- Make sure everyone in the household cleans their hands often, using soap and water or an alcohol-based hand rub.
- Ask your healthcare provider if household contacts of the sick person—particularly those contacts who may have chronic health conditions—should take antiviral medications such as oseltamivir (Tamiflu®) or zanamivir (Relenza®) to prevent getting the flu.
- Get medical care right away if the patient
 - Has difficult breathing or chest pain
 - Has purple or blue discoloration of the lips
 - Is vomiting and unable to keep liquids down
 - Shows signs of dehydration, such as feeling dizzy when standing, being unable to urinate, or (in infants) crying without shedding tears
 - Has seizures (for example, uncontrolled convulsions), or
 - Is less responsive than normal or becomes confused.

Taking Care of Yourself If You Are Sick

If you have been diagnosed with H1N1 flu, you should stay home, follow your doctor’s orders, and watch for signs that you need immediate medical attention.

- [CDC recommends that you stay home for at least 24 hours](#) after your fever (100°F or 37.8°C) is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings.
- Avoid close contact with others, **especially those who might easily get the flu**, such as people age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.
- Clean hands with soap and water or an alcohol-based hand rub often, especially after using tissues or coughing/sneezing into your hands.
- Cover coughs and sneezes.
- Wear a facemask when sharing common spaces with other household members to help prevent spreading the virus to others. This is especially important if other household members are at high risk for complications from influenza. See [Interim Recommendations for Facemask and Respirator Use to Reduce Novel Influenza A \(H1N1\) Virus Transmission](#).
- Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- Get plenty of rest.
- Get medical attention right away if you:
 - Have difficulty breathing or chest pain

- Have purple or blue discoloration of your lips
- Are vomiting and unable to keep liquids down, or
- Show signs of dehydration, such as feeling dizzy when standing or being unable to urinate

If you have questions about our decision to close the Preschool please feel free to contact me directly at mbrandmeyer@lincnet.org or call me at 781-259-9409. If you have questions about your child's health or to report any changes in their status, please contact Maureen Richichi, the Lincoln School Nurse at mrichichi@lincnet.org or by phone at 781-259-9407.

As the week progresses, please check for preschool announcements on the district's website www.lincnet.org, in the lower right of the main page, under Headlines.

Sincerely,

Michael F. Brandmeyer
Superintendent

Maureen Richichi
Lincoln School Nurse

Lynn Fagan
Preschool Coordinator

ENCLOSURES