

H1N1 Flu Virus Information for Parents and Students

You may have questions about the H1N1 virus and Diller-Quaile's plan to prevent the potential spread of H1N1 and seasonal flu among children and teachers. Our goal at Diller-Quaile is to keep students, faculty, and staff as safe and healthy as possible.

The best ways to avoid getting or spreading the H1N1 flu are the same precautions that can help prevent seasonal flu and other respiratory infections.

- If your child is sick, he or she should remain out of school until their flu symptoms subside and their temperature is normal for at least 24 hours.
- If students and or caregivers are observed exhibiting flu symptoms, he or she will be asked to return once symptoms are no longer evident.
- Cover coughs and sneezes with tissues or the inside of a shirt sleeve. Cough or sneeze into sleeves or tissues – not hands.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- If you have questions pertaining to seasonal flu or H1N1 vaccinations, please speak to your doctor.
- Additional information regarding *Preventing Influenza in New York City's Schools* can be found at www.nyc.gov/flu.

Thank you for your cooperation.

Sincerely,

Kirsten Morgan
Executive Director

Dan Lasman
Facility and Operations Manager