

Swine Influenza A (H1N1) Virus - UPDATED May 1, 2009

The School Department has been in daily contact with the Longmeadow Board of Health, the Massachusetts Department of Public Health, and the Department of Elementary and Secondary Education regarding the emerging information about the Swine Flu.

We will update this web site to reflect any significant changes in the health advisories; however, at this time, the state and local health departments have advised us that students can continue to attend school, as long as they are not sick and do not have flu-like symptoms.

If families have recently traveled to the locations of active cases and have flu-like symptoms with a fever, they should keep their children home and notify the health department and school nurses of the symptoms.

If your child is experiencing any flu-like symptoms, it is important that he or she remain home until the child has gotten better and has been well for at least 24 hours.

[NEW] Students/staff exhibiting **Acute Respiratory Illness** should be excluded from school for **7 days or, if still exhibiting symptoms at day 7, until 24 hours after the end of active symptoms** **REGARDLESS OF TRAVEL HISTORY**.

Definition of Acute Respiratory Illness

Acute respiratory illness is defined as **recent onset of fever >37.8 (100F) and at least two of the following:**

- Runny nose
- Sore throat
- Cough

In order to reduce the spread of germs, you should avoid taking your children to public gatherings such as the mall or sporting events while they are sick. It is also important to teach your children how to reduce the risk of getting the flu and how to protect others from infection (see links below).

Below are links to some important information about the Swine Flu Virus:

[Swine Flu Fact Sheet](#)

[Information for School and Childcare Settings](#)

[Centers for Disease Control and Prevention](#)

Letter To Parents From Superintendent (April 30, 2009)

The Massachusetts Department of Public Health has just activated a **24-hour hotline** [1-877-211-6277 (toll free)] and a dedicated [website](#) to disseminate basic information to the public regarding swine influenza.