

**NORTH CALDWELL PUBLIC SCHOOLS**  
**132 Gould Avenue**  
**North Caldwell, NJ 07006**  
[ncboe.org](http://ncboe.org)

**Linda Freda, Ed.D.**  
**Superintendent**

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September 17, 2009

Dear Parents/ Guardians,

We are writing to update you on the recent developments of H1N1 (swine flu). This continues to be a rapidly evolving situation and our district has been working closely with local, county and state health officials regarding H1N1 (swine flu) guidance. I would like to assure all of our parents that we are taking appropriate steps to maintain a safe and healthy environment for students and staff. At this time, health officials tell us that students who are not ill can safely come to school. The schools will remain open. We will keep you updated with any important information.

To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home. Please plan to have someone available to pick up your child in the event that he/she gets sick during the school day. Public health officials want you to protect yourself and your family against H1N1 (swine flu). Here are some ways to stop the spread of germs and sickness:

- Don't send your children to school until they are free of fever for at least 24 hours (without the use of fever reducing medicine).
- Teach your children to wash hands frequently with soap and water for 20 seconds.
- Teach your children to keep their hands and objects away from their eyes, mouth and nose.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
- Teach your children to stay at least six feet away from people who are sick.
- People who are sick should stay home from work or school and stay away from other people until they are better.
- Provide your child with hand-sanitizers to carry with them to use when hand washing facilities are not available.
- Be sure to continue to set a good example by following these recommendations yourself.

If you have any questions, please contact your Principal or School Nurse. You can receive additional updates regarding the status of H1N1 (swine flu) by visiting our district website at [www.ncboe.org](http://www.ncboe.org) or the CDC website [www.cdc.gov](http://www.cdc.gov).

Sincerely,

Linda Freda, Ed.D.  
Superintendent

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