



# Rockland Country Day School

*From Strong Roots We Flourish*

Thursday, June 04, 2009

Dear Parents and Guardians:

We are writing to notify you that we have received information regarding two cases of influenza on the RCDS campus. Please note that these are not considered cases of H1N1 influenza, as the diagnosis in each case is not lab confirmed. Current Department of Health (DOH) guidelines do not recommend further investigation in mild cases of illness. We have been advised to follow all current guidelines for reporting and each case will be treated as normal seasonal influenza unless they notify us differently.

Over the last month we have been in touch with the DOH on a daily basis. This has been a standard protocol observed by many schools in which we provide a daily report explaining any illnesses observed at our school and all absences from school. We have been advised to maintain normal operations, as we do not presently meet the criteria used to recommend a school closing; schools are asked to cease operation when 10% or more of the school's population demonstrates flu-like symptoms. In addition, to continue protecting ourselves from contamination, we are continuing to have the common areas of our school cleaned thoroughly on a daily basis and also reiterating preventive practices, as recommended by the DOH:

- Wash hands frequently and thoroughly with hand soap and warm water.
- Eat healthy.
- Get enough rest.
- Report directly to a physician if you are not feeling well and show flu-like symptoms.
- Stay home for seven days if you contract the flu- *even if you receive flu treatment medicine and feel better*. It has been determined that you are considered contagious for 7 days after the first symptoms appear.

We want to also continue to remind everyone of the importance of cooperating with school administration and health authorities. Your assistance in providing us with health and attendance information will facilitate this process. Continued vigilance will help protect against contamination.

Thanks in advance for your attention to this letter and also for your support.

Sincerely,

Victor J. Catano  
Chief Operating Officer