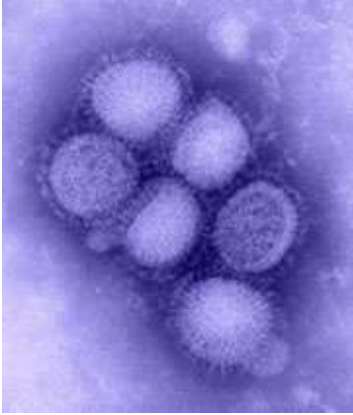


Preparing for the H1N1 Flu Virus 2009-2010



Dear Parents, Guardians, Cadets and Campus Visitors,

In anticipation of the rise in flu cases, with an emphasis on the H1N1 (Swine) flu this school year, NYMA has established the following policy:

The primary means to reduce the spread of flu in schools continues to focus on early identification of ill students, faculty or staff. This will require increased vigilance among parents, caregivers, and school staff to identify students and staff who are ill, in particular looking for respiratory symptoms associated with fever. Influenza-like illness is defined as a fever of (100° F [37.8° C]) and cough or sore throat. Students, faculty and staff members should be alert for signs such as trouble breathing or not drinking enough fluids. They should also be alert for skin rashes or any signs that they are more uncomfortable than expected with the flu. Some people also experience a runny nose, congestion, vomiting, diarrhea, headache, fatigue, and muscle aches. For additional information on the flu and flu prevention, please refer to www.flu.gov.

The flu spreads easily and ensuring that school facilities are cleaned regularly and effectively can reduce the spread of the virus. Target the use of disinfectants for surfaces that are touched frequently by hands. Good cleaning with soap or detergent in water will remove most microorganisms, as well as soil and organic matter that would otherwise reduce the effectiveness of subsequent disinfection. A chlorine bleach solution may be used - add about one tablespoon of bleach to a quart (4 cups) of water. Only mix bleach solutions in small batches. Many surface disinfectants require the treated surface to remain wet for several minutes to be effective. Any cadet showing flu-like symptoms will be sent to the infirmary. Any faculty or staff showing flu-like symptoms should go to the infirmary for verification or see their doctor immediately. If it is determined that a cadet has the flu, the nurses will contact the parents to arrange for their cadet to go home; cadets who have the flu will not be allowed to go home on public transportation. Although cadets will not be allowed to remain on campus with the flu, those whose parents or guardians can not pick them up due to distance restrictions will be required to remain in the infirmary or designated area during the duration of their illness.

The recommended exclusion period that people with influenza-like illness should remain isolated (at home, if possible) is 24 hours after they are free of fever (100° F [37.8° C]) without the use of fever-reducing medicines. If they have a sick household member they should stay home for five days from the first day the household member got sick. Special considerations have to be made for cadets, faculty or staff that are out for any length of time.

Decisions related to measures taken to keep the academy open or close the academy in response to flu infections remains at the discretion of the Superintendent in consultation with and local health officials.

Flu Prevention Etiquette:

- Practice good hand hygiene.

Wash hands often with soap and water.

Use hand sanitizer between regular hand washing.

- Alcohol based cleaners should be at least 60% alcohol.

- Other cleaners are not as effective.

- Practice respiratory etiquette.

Cover your mouth and nose when you sneeze or cough. If you do not have a tissue, sneeze into your shoulder or elbow, not into your hands.

- Disinfect surfaces and items that have frequent hand contact but additional disinfection beyond routine cleaning is not recommended.
- Encourage those staff and cadets at a higher risk of complication to seek medical evaluation as soon as possible.
- Stay home if you are sick.

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