

DIOCESE OF METUCHEN

OFFICE OF THE SCHOOLS
ELLEN F. AYOUB
SUPERINTENDENT OF SCHOOLS
TEL: 732.562.2443
FAX: 732.562.1016

October 26, 2009

Dear Parents,

Every year, some children get sick with the flu during the fall and winter months. This year, as you know, there is a new flu virus called H1N1 that is affecting many people across the country. Due to the number of people being infected with the virus, health officials are calling it a "pandemic flu." The schools in the Diocese of Metuchen are operating under a plan created by the Office of the Schools, based on the directives of the Center for Disease Control (CDC) and the New Jersey Department of Public Health.

At this time, you may be hearing that some students have contracted the flu. Please be assured that every precaution is being taken to maintain a safe environment for your children. The schools will remain open, and we will keep you updated with any important information. Power School will be the primary means of communication between the school and the home.

In order to keep the flu from spreading, we are asking you to keep sick children home. Any children who are sick will be sent home. Students who are not ill, including siblings, may come to school.

Public health officials want you to protect yourself and your family against pandemic flu. Here are some ways to stop the spread of germs and sickness:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands often with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are fever free for a minimum of 24 hours and illness symptoms are dramatically improved.
- Stay away from shopping malls, movie theaters or other places where there are large groups of people.

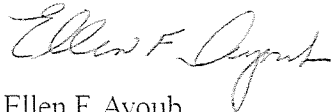
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If you have questions regarding H1N1, please contact your School Nurse or healthcare provider.

As we move through this flu season, let us continue to pray for one another and for those who are already suffering with the flu.

God bless you.

A handwritten signature in cursive script that reads "Ellen F. Ayoub".

Ellen F. Ayoub
Superintendent of Schools

EA/kah