



OCEAN ACADEMY
THE BERKELEY CENTER
OCEAN MENTAL HEALTH SERVICES, INC.
160 ROUTE 9 ~ BAYVILLE, NJ 08721
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Nancy Damiano
Chief Executive Officer

Stephen Finkelstein
Principal

April 28, 2009

Dear Parents/Guardians,

As you have likely heard from the media, swine flu has been confirmed in the United States. Although there are possibly no confirmed cases in New Jersey at this time, health officials are expecting to see some.

Swine influenza is a respiratory illness similar to the human influenza virus. While common in pigs, it is not often seen in humans. However, human infections can and do occur. The swine flu is similar to that of regular human seasonal influenza. Symptoms can include fever, cough, sore throat, body aches, headache, chills, and fatigue. Diarrhea and vomiting have also been reported in some people with swine flu.

Swine flu viruses are not transmitted by food. They can be directly transmitted from pigs to people, and human to human transmission through coughing or sneezing of infected people. Infection can also spread by touching something with the flu virus on it and then touching one's mouth or nose.

It is very important to practice good hygiene all the time, but especially at this time. This includes frequent hand washing, for at least 20 seconds with warm water and soap, as well as covering the mouth with a tissue or upper sleeve when coughing or sneezing (do not cough or sneeze into the hand). For their own safety and the safety of others, students who are ill should stay home while sick and not return to school until they have been fever and symptom free for 24 hours without medication, or with medical clearance.

We are taking extra precautions here at school. These include frequent cleaning and disinfecting of all surfaces that students and staff come in contact with, especially desktops, bathrooms, doorknobs, and keyboards. We have also reminded, and will continue to remind students and staff to practice good hygiene.

Thank you for your cooperation at this time. If you have any questions or concerns, please call at any time. For questions regarding the swine flu, you may call your local health department or visit the Center for Disease Control website at www.cdc.gov/swine. A CDC swine influenza fact sheet is attached for your information

Sincerely,

Lisa Franciosi

Lisa Franciosi, MS, RN, CSN
School Nurse