



S A I N T F R A N C I S O F A S S I S I S C H O O L

850 Washington Street • Braintree, MA 02184
Phone: (781) 848-0842 • Fax: (781) 356-5309 • www.sfab.org



Saint Francis of Assisi Mission Statement: We are a Catholic community of faith striving to follow Jesus, pledging each day to do our best by imitating Saint Francis of Assisi as "instruments of peace." Our goal is to maintain a safe and healthy environment and to be academically prepared for this technological age.

November 9, 2009

Dear Parent /Guardian,

I would like to update you regarding seasonal and H1N1 influenza. Scattered incidents of students showing symptoms of influenza like illness are being seen in all of the Braintree schools. Since the Massachusetts Department of Public Health is no longer testing for H1N1, and no cases of seasonal flu have been diagnosed, It is felt that all influenza cases circulating are probable cases of H1N1. The symptoms of H1N1 and seasonal flu are similar. Symptoms include a temperature of > 100.4 with a cough and or sore throat. Other symptoms include body aches, runny nose, headache, chills and fatigue. Since we are tracking cases of ILI, please notify the school nurse if your child is absent with flu like symptoms. Here are some ways to protect yourself and your child.

Get vaccinated when the vaccine is available

Cover your nose and mouth with a tissue when coughing or sneezing or cough into your elbow

Wash your hands often with soap and water or use alcohol based hand sanitizer

Avoid touching hands, nose, eyes or mouth. Germs spread easily this way

Have your child stay home if sick until fever free (without use of fever reducing medications) for 24 hours

There has been a nation-wide delay in availability of seasonal and H1N1 vaccine. The Braintree Board of Health does not anticipate getting H1N1 vaccine until late November and seasonal vaccine until early December. The priority groups to receive the vaccine are pregnant women, children, caregivers of infants and healthcare workers. As more vaccine becomes available additional priority groups with underlying health conditions like asthma and diabetes will receive the vaccine. Children in grades 6, 7, and 8 are being offered the vaccine. Permission slips have gone out and must be returned by Friday, November 13. The Board of Health will conduct clinics as soon as the vaccine is available.

If you have any questions please call. For more information visit www.mass.gov/flu.

If children are absent an absentee note must be sent in. This is a Massachusetts state law. If a child is out 3 or more days, a doctor's note is required.

Sincerely,
Laura Cavicchi
School nurse