

H1N1 UPDATE - November 5, 2009

The Vestal Central School District continues to work closely with the Broome County Health Department for guidance and information regarding employee and student absenteeism relating to the H1N1 flu. On average, normal absenteeism district-wide is about 5% of the student population. This Fall 2009 we experienced a sharp rise in student absences, but are now seeing a return to near average rates in some buildings. Other school buildings continue to see an increase in student absenteeism and likely have not yet peaked. This is consistent with the cyclic nature of this type of situation.

If your child becomes ill with influenza-like illness, which includes fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, they should stay at home. This will help reduce the spread of the virus to others. The Centers for Disease Control and Prevention recommends anyone with influenza-like illness to stay at home, except to get medical care, until at least 24 hours after the fever subsides without the use of fever-reducing medications.

The best way to prevent your child from getting the 2009 H1N1 flu is to get them immunized when the vaccine is available. Parents are encouraged to check the Vestal Central School District Web site or the Broome County Health Department Web site for H1N1 updates at <http://www.gobroomecounty.com/hd/flu>. You can also email questions to the Broome County Health Department directly at FLU@co.broome.ny.us or call their H1N1 information line at 607-778-3331.