



**BAYONNE PUBLIC SCHOOLS**  
Administration Building  
669 Avenue A  
Bayonne, New Jersey 07002

PATRICIA L. McGEEHAN, Ed.D.  
*SUPERINTENDENT*

Tel: (201) 858-5817  
Fax: (201) 858-6289

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Dear Parent/Guardian,

As you are aware, there are many questions and concerns regarding Swine Influenza (Flu). Although no cases of Swine Flu have been reported in Bayonne, we are sending all Bayonne public school parents information recommending vigilance in recognizing and reporting possible cases of the virus.

The Bayonne School District is following guidelines established by the National Center for Disease Control and Prevention (CDC) in recognizing and reporting possible cases of the flu and in taking steps to prevent its spread in the schools. Please read the reverse for more information.

Also, please take the time to visit the Bayonne School District's website at <http://www.bboed.org> and the Centers for Disease Control and Prevention website at <http://www.cdc.gov/swineflu>.

Thank you!

Sincerely,

Patricia L. McGeehan, Ed.D.  
Superintendent of Schools

George J. Mellendick, M.D.  
Chief Medical Inspector

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## Preventing the Flu: Good Health Habits Can Help Stop Germs

### Fact Sheet

#### 1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

#### 2. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.

#### 3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.

#### 4. Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs.

#### 5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

#### 6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

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There is no vaccine available at this time for the current outbreak of the Swine Flu virus, so it is important for people living in the affected areas to take steps to prevent spreading the virus to others. If people are ill, they should stay at home and limit contact with others, except to seek medical care. Everyday preventive actions listed above should be followed routinely.

People who develop an illness with fever and significant respiratory symptoms, such as cough, body aches, nausea, or vomiting, or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.