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Parents and Guardians should keep Ill Children at Home.

Educational Material is available for Parents, Guardians and Students about H1N1 (Swine Flu) Influenza Virus. Become aware of the facts and practice good health hygiene.

May 11, 2009 – As of Monday Morning, May 11, 2009, there have not been any additional confirmed cases of H1N1 Influenza reported from the Massachusetts Department of Public Health (DPH) in the Town of Lexington School System. Active surveillance continues and the school nurses and other faculty and staff will remain at a high level of alertness. “Now is not the time to let down our guard. We must continue to monitor the health of our students for the remainder of the school year or until we are sure that the threat has fully subsided,” said Gerard Cody, Health Director.

Although there are not any new cases in Lexington, DPH has created and released several documents that should be helpful for families who are concerned about H1N1 (Swine Flu) Influenza Virus. It is the recommendation of the Lexington Board of Health, DPH and the Lexington School Administration that Parents and Guardians meticulously monitor the health status of their children with a strong focus on keeping all students with influenza like symptoms out of school and related school activities during their period of illness and recuperation (when they are potentially infectious to others).

“We are offering several resources in support of your efforts to help prevent the spread of this new influenza virus,” said Gerard Cody, Health Director. You will find them attached to this document and they will also be available on the town website as a PDF document. Please review the following documents:

- Flu Symptom Check List for Families and Schools
- Home Isolation: Instructions for Patients with Suspect, Probable and Confirmed Influenza
- H1N1 Flu (Swine Flu) Information for Parent
- Public Health Fact Sheet, H1N1
- Talking with Your Children about the H1N1 Flu (Swine Flu)

Taking the following actions can significantly reduce disease transmission:

- **Wash your hands:** Frequent hand washing with soap, warm water, and disposable paper towels is best. Alcohol-based hand sanitizer is useful when you do not have access to soap, water and towels, although not as effective.
- **Cover your mouth when you cough or sneeze.** Cough or sneeze into a tissue or the inside of your elbow. Throw tissues away and wash your hands. Staying home when sick also helps to keep the illness from spreading.

- **Don't touch your eyes, nose or mouth.**
This decreases the chance that you will get the flu virus or other germs into your body, or that you will pass the flu to others.
- **Clean surfaces that are touched often.**
Clean things that are touched often, such as door or refrigerator handles; computer key boards/mouse phones and water faucets.
- **Avoid contact with people who are sick.**
Avoid unnecessary contact like holding, kissing, or sharing food, dishes, and cups with anyone who has a cold or the flu. People with young children, weak immune system or a chronic illness should avoid large crowds, if possible. If you get sick, stay home from school or work and limit contact with others to avoid infecting them.

For general information on H1N1 Virus (Swine flu) and the status of the nationwide outbreak, visit www.cdc.gov/swineflu. For more information on the Massachusetts response, and [how to care for someone at home who has the flu](#), please visit www.mass.gov/dph/swineflu. A H1N1 Virus (Swine flu) hotline has been set up to help answer any general questions about the disease. Call 1-866-627-7968 and dial 1, or simply dial 211 to access the hotline. For more information or to receive a free copy of "Caring for People at Home, Flu – What you can Do." please contact the Office of *Community Development, Health Division*, Gerard Cody, Health Director at 781-862-0500 x 237. The Lexington Board of Health brought this important message to you.