



**Carlstadt
Public
School**

Carlstadt, New Jersey 07072

Stephen M. Kollinok
Superintendent

Carlstadt Public School
550 Washington Street
Carlstadt, New Jersey 07072

September 15, 2009

Dear Parents/Guardians:

Please find attached, information regarding H1N1 influenza from the Mid-Bergen Regional Health Commission. I would ask that all parents/guardians please complete the last page of the attachment and return it to your child's homeroom teacher no later than this Friday, September 18, 2009. The Mid-Regional Health Commission is looking for information to help them prepare in advance when the H1N1 vaccination becomes available. You are not being asked to give your name or your child's name on the paper that is to be returned. This information will also be available upon the school district website.

Sincerely,

Stephen M. Kollinok
Superintendent of Schools

Mid-Bergen Regional Health Commission

930 River Road
New Milford, New Jersey 07646
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President

Paul Viola

Health Officer

Sam Yanovich

Consultant

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Members

Bogota~ Englewood Cliffs

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Contracting Towns

Carlstadt~ S. Hackensack

Tenafly~ Garfield

Closter~ Hasbrouck Heights

Ramsey~ Wallington

September 2009

Dear Parents and Guardians:

The start of a new school year always brings a certain amount of excitement and anticipation. In addition to our academics, this year we are faced with influenza concerns. In the spring 2009, a Novel H1N1 influenza (previously referred to as "swine flu") circulated through the United States and the rest of the world. In New Jersey, most people, including many students, infected with this virus experienced mild disease, although as with every type of influenza, there were deaths associated with the H1N1 strain. The symptoms of H1N1 flu are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 influenza. Also, like seasonal flu, severe disease and death has occurred as a result of illness associated with this virus. Additional information about this virus may be found at www.cdc.gov/h1n1 <http://nj.gov/health/flu/index.shtm1> or by calling the local health department.

Since a vaccine to prevent the novel H1N1 influenza virus most likely will not be available until later this year, it is important that you encourage your children to take everyday actions to stay healthy including:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and then wash your hands. If you do not have a tissue, use your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick.

We ask that you complete and return the enclosed survey to help us plan our community vaccination effort. Please complete and return it to the school by the end of the week.

If a flu vaccine that protects against the novel H1N1 virus is available this fall, will you plan to have your child vaccinated? _____ Yes _____ No

If you do plan to have your child vaccinated against the novel H1N1 flu virus, where would you prefer to bring your child for this service:

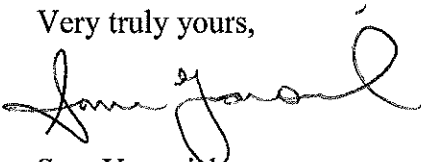
_____ My private physician

_____ A vaccination program at school

_____ A vaccination program at the local health department

If you do not plan to have your child vaccinated, please state the reason why:

Very truly yours,



Sam Yanovich
Health Officer