

WILTON-LYNDEBOROUGH COOPERATIVE
MIDDLE SCHOOL / HIGH SCHOOL
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“WLC will strive to be a positive learning community that ensures each student has the opportunity to develop to his or her potential.”

Dear Members of the WLC community:

I am writing to inform you that we have been informed by the Superintendent of schools that there is a confirmed case of H1N1 in the Wilton schools. Whereas this is certainly a matter that warrants concern, it is important that we as a school community react in a responsible and reasonable manner.

The office of the Superintendent has been in contact with the New Hampshire Department of Health and Human Services. We were advised that we **DO NOT** need to close our schools. It is our responsibility, however, to encourage all of our community members to continue to take the precautions outlined in earlier communications. Our best defense against the further spread of this and any virus is the adherence to healthy daily practices. These include:

- **If you or your child is sick, stay home from work or school until you are better.** Keep sick people away from people who are not sick.
- **Tell your school nurse** or administrator about your child’s symptoms so they can watch for other students with the same symptoms.
- **Wash your hands well and often.** Make sure your children do the same. Wash with soap and water for at least 20 seconds.
- **If you can’t wash with soap and water,** use a hand sanitizer. (Gels, rubs or hand wipes with at least 60% alcohol)
- **Remind children** to keep their hands away from their face – don’t touch mouth, nose, or eyes.
- **Cover your cough.** Teach your children to do the same. Cough into the inside of your elbow, or into a tissue — not your hands!
- **Throw away used tissues** or hand sanitizer wipes. Teach your children to throw away tissues and then wash hands.
- **Don’t share** water bottles, utensils, cups, food, etc. with others.
- **If people in your home are sick** with the flu and cannot see a healthcare provider, care for them at home — Give plenty of liquids (clear fluids with electrolytes). If you are unsure what over-the-counter medications can be safely used to reduce symptoms, if the ill person is having difficulty breathing, or if they are getting worse, call a healthcare provider.
- **You can disinfect hard surfaces** in your home with a solution made of one ounce bleach to one gallon of water.

Communication is an important part of our partnership as a school community. We will provide as much information as we can as we bring the school year to a close. In the mean time if you have any questions please do not hesitate to contact us via phone or E-mail.

Respectfully,

Jon Ingram
Principal