

November 3, 2009 Update -

We have two more confirmed H1N1 cases at PHUMC Preschool which brings the total number of H1N1 confirmed cases to 8 to date. The previous 6 have recovered from the flu and are doing well. We will keep you posted as information becomes available. We are accepting donations of disinfecting wipes, paper towels, lysol spray, and large bottles of hand soap refill. We are also in need of volunteers to take toys home to wash and disinfect as well as volunteers who are able to sanitize classrooms and common areas around the school.

Thank you for helping us with this effort.

October 26, 2009 Update -

We have three more confirmed cases of the H1N1 flu as of 10/26/09. Our total number of confirmed cases is now 6.

October 14, 2009

Dear PHUMC Parents and Guardians,

Three of our preschoolers have contracted the H1N1 virus. These children have **NOT** been at the preschool this week so your child has had **NO** direct contact with them. We sent home an informational letter last week regarding the flu. We also have an H1N1 update tab on our website that we will be updating on a regular basis. Please visit our website at **phumcpreschool.net** for the preschool's most current information on confirmed cases of the H1N1 flu here at the preschool.

Please do a health check on your child before each school day. Take their temperature. Sometimes after a night of rest a child may not show any signs of illness. However once they are here at school their symptoms become more prevalent. If your child did not sleep well the night before please keep him/her home. Rest is vital for a healthy immune system.

At school we will continue to work on disinfecting common surfaces, encouraging students to wash their hands thoroughly, and to cover coughs and sneezes. If you are able to take a box of toys home for disinfecting please check out a box at the front doors. We could also use volunteers to wipe down classrooms. If you would like to volunteer please see Michelle or Theresa. If we all work together we can minimize the spread of germs.

Luke 12:25 Who of you by worrying can add a single hour to his life?

Proverbs 3:5-6 Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

Sincerely,

Michelle Anderson

Theresa Sanchez

October 2, 2009

Dear Preschool families,

PHUMC Preschool, along with the Rio Rancho Public Schools, the Albuquerque Public Schools and state health and education officials continue to monitor the presence of H1N1 in the community, and will provide updates to families as circumstances warrant.

We have **NO** confirmed cases of H1N1 among our students or staff at PHUMC Preschool. Up to this point H1N1 does not appear to be more severe than other flu strains. Most healthy people who contract H1N1 fully recover.

In terms of how it is spread, the H1N1 virus seems to be very similar to more typical flu viruses. The same preventive measures that work against colds and the "regular" flu are key in preventing the spread of H1N1. These include:

*Frequent hand washing for at least 20 seconds with soap and warm water

*Using antibacterial hand sanitizers as needed

*Practicing good cough etiquette: coughing or sneezing into a tissue (and then discarding the tissue) or into your elbow

*Avoid sharing objects (utensils, cups, bottles, telephones, pencils) with others

*Stay at least three feet away from people who are sick

If your child is ill, you should keep your child home so he/she cannot infect others. The current guidance is that students should stay home for at least 24 hours after becoming fever-free without the use of fever-reducing medications. There is new evidence that H1N1 may be contagious in some people for a week or more after the first symptoms appear, even if the fever breaks earlier than that. But as of this time the National Center for Disease Control (CDC) and DOH have not changed the 24-hour guidance.

We are following the recommendations of the Department of Health and the Public Education Department in determining when parental notification is necessary. Should this become necessary, we will use email to notify parents. If you do not have an email address please make sure the phone numbers we have on file for you are up to date. Parents should keep in mind that the health department is no longer routinely testing individual students displaying flu-like

systems, so we may not know whether students coming down with the flu have H1N1 or the “regular” flu.

The current guidance from DOH and PED is that normally healthy students need **not** stay home because of the presence of H1N1 in a school. Parents may wish to consult with their family doctor for guidance about attending school, especially if their child has underlying medical conditions.

The current guidance from the CDC, DOH, and PED is that schools should stay open unless the number of absences among staff and students is so high that the school cannot operate.

WE NEED YOUR HELP!

How you can help: We are in need of toy washers and room sanitizers. **Toy washing** includes regularly taking a box of toys home for cleaning. **Room sanitizers** will be wiping down pencils, paint brushes, handles, door knobs, etc. with disinfecting wipes. We cannot **totally** eliminate the threat of H1N1, however if we all work together we can do the best we can to minimize the spread of germs here at PHUMC Preschool. Thank you for your continued support.

Need More Information?

For current information please consult the CDC website at: <http://www.cdc.gov/h1n1flu> and the Department of Health’s website at: http://www.nmhealth.org/FLU/seasonal/swine_flu.html. For general questions about H1N1 flu, call the state’s H1N1 Influenza Hotline at . People who have symptoms may call the Nurse Advice New Mexico at . The Department also set up a specific hotline for callers who speak Spanish: .

H1N1 (“swine flu”) Flu Hotline –

Nurse Advice Line – : Persons who are uninsured or do not have a health care provider can call this number.

Sincerely,

Michelle Anderson, Director

Theresa Sanchez, Assistant Director