



**Dennis-Yarmouth Regional School District**  
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Dear Dennis-Yarmouth Families:

As you are aware, a new form of influenza (flu) virus has been causing illness all over the world. Cases of novel H1N1, as the virus is now called, are on the rise in New England, particularly in Massachusetts.

Any students with ILI (influenza-like symptoms-fever plus runny nose, cough, or sore throat) are being excluded from school participation until they are fever-free for 24 hours without the use of fever-reducing medicines. We are grateful to all parents and guardians for respecting the Department of Public Health guidelines regarding isolation of ill students. As a result, we have a relatively small amount of illness in our district at this time. Please make sure you have a plan in place to keep your child home should he/she become ill. It is important to plan ahead.

In my discussions with our local board of health directors and in the guidance received from the Department of Public Health, it is clear that we should all assume that on any given day we might be in contact with this virus. In most cases doctors are not even testing people for the virus. Everyone is just assuming that if you have influenza like symptoms, then it is probably H1N1.

Most people with flu are diagnosed by their symptoms alone. Some people with other health complications are diagnosed by means of a nasal swab, which confirms presence of the virus. Last week we had a report that one student at Mattacheese Middle School had tested positive for flu with this testing.

Fortunately, the vast majority of people who get flu recover completely. We want to remind you to be extra vigilant, especially with hand washing. You can protect yourself and your student by remembering to wash your hands frequently, and by coughing into your sleeve, not your hands.

We are still awaiting arrival of the vaccine for H1N1. As soon as our local boards of health have the vaccine, we will work together to let you know how you can have your child vaccinated, if you wish. If you have any further questions, please feel free to contact one of our school nurses.

Sincerely,

Carol A. Woodbury  
Superintendent of Schools

Attached: Flu Symptom Check List