

Board of Chosen Freeholders
County of Burlington
New Jersey



Burlington County Health Dept.
Raphael Meadow Health Center
15 Pioneer Boulevard, Westampton
P.O. Box 6000
Mount Holly, N.J. 08060

Tele: (609) 265-5548
Fax: (609) 265-3152

September 10, 2009

To: *Parents and Guardians*

Re: *2009 H1N1, Seasonal Influenza and Influenza- Like Illness*

As we begin a new school year in Burlington County, we expect to once again see cases of 2009 H1N1 influenza. In fact, in those areas of the country where school has been in session since late August, reports of influenza-like illness are already on the rise.

We have been working hard all summer to prepare for the return of influenza to our county but now we need your help.

The best way to slow down the spread of influenza is to keep sick people away from well people. We are urging all parents and guardians to keep sick children home from school and daycare. Children with a fever should stay home from school and childcare settings until at least 24 hours after their fever has gone away without the aid of fever-reducing medications. In most cases, this could mean your child will be home from school for three to five days. In some cases, it may be necessary for your child to stay home longer.

We recognize that it can be a burden on working parents to find care for their children who need to stay home from school. For this reason, we urge you to plan now for alternative child care if your child does become ill with influenza-like illness and must remain out of school for a few days.

At the time of this writing, H1N1 is a mild to moderate disease that resolves within four to seven days. Symptoms generally include fever, chills, headache, cough, sore throat, fatigue and possibly vomiting and diarrhea.

However, if your child experiences the following symptoms that include fast or trouble breathing, bluish or grey skin color, severe or persistent vomiting, not waking up or interacting, not wanting to be held, flu-like symptoms that improve but return with fever and a worse cough, or if your child has underlying conditions like asthma, diabetes, heart or lung disease, please contact your physician ASAP.

If you have any further questions regarding H1N1 please visit the Burlington County website at www.co.burlington/health for up to date information and guidance on H1N1.

Sincerely,


Robert Gogats, Health Officer
Public Health Coordinator



Public Health
Prevent. Promote. Protect.

bchd@co.burlington.nj.us