

Saint Mary's School
224 Seventh St. NW
Albuquerque, New Mexico 87102
Sr. Marianella, S.C., Principal **Paul Salcido, Vice-Principal**
(505) 242-6271 **(505) 243-5470**

Dear parents,

I am writing this letter out of time as I feel that I have to relay some important information to you.

The word of a confirmed H1N1 was received about 2:00pm on Friday. Contact was made with a professional cleaning agency which came on Saturday morning with a crew of 8 workers which worked from 10:00 am – 10:00pm. I can assure you that the entire school has been thoroughly disinfected. In speaking with the owner of the cleaning agency he assured me that EVERYTHING that was touchable was disinfected. Even the banister going down the stairs were taken care of. Bathrooms were thoroughly washed down and disinfected. I can assure you that the school was thoroughly disinfected and the carpets were shampooed. I am pleased with this as we want the best and safest thing for our children.

The notice that was sent to you on Friday contained some extremely important precautionary measures that we ask everyone to comply with. Infact I consider them so important I am repeating them:

1. Practice good hand hygiene and washing often with soap and water or alcohol-based cleaner especially after coughing or sneezing.
2. Cover mouth and nose when coughing or sneezing.
3. Staying at home when sick...and if fever (100 degrees) is present to stay home for 24 hours after temperature is normal.
4. When child has the flu stay home for 7 days or if still sick after 7 days stay at home at least 24 hours after symptoms have gone away.
5. **KEEP ANY SCHOOL-AGED BROTHERS OR SISTERS HOME FOR 5 DAYS FROM THE TIME THE FAMILY MEMBER BECAME SICK.**

PLEASE, PLEASE, PLEASE!! REMEMBER THE SYMPTOMS THAT MIGHT INDICATE THE FLU. The symptoms are fever, cough, sore throat, muscle aches, diarrhea, or vomiting.

If your child has any of these symptoms please take them to the doctor. Upon returning to school, we must receive a doctor's signed permit that the child may return. Help us keep our school safe for all. Thank you.

I am enclosing a list of times and locations of the off-campus public flu clinics. We received this from UNM Health Science Center. I hope it will be of help for you.

The CDC Center for Disease has issued a small pamphlet on important steps to take in order to fight the flu. Please study this and know that all items mentioned are in compliance with our policies. I hope that this will also be of help.

over

We pray daily for the protection, guidance, safety, and good health of each and every one of our students. We ask that you family also join us in these daily prayers.

Please call if you have any questions. At this point I can assure you that EVERYTHING that can be done has been done. We will continue this careful and deliberate procedure for the caring of our children and the entire Saint Mary's Family members.

God bless you,

Sister Marianella S.C.
Sister Marianella, S.C., Principal



UNM HEALTH SCIENCES CENTER

September 30, 2009

Contact: Sam Giammo, 272-3682

FOR IMMEDIATE RELEASE

UNM Health Sciences Center Announces Seasonal Flu Shot Clinic Schedule

The very popular UNM Health Sciences Center drive-thru flu shot clinics for immunization against the seasonal flu will be conducted again this year on Saturdays Oct. 17 and Oct. 24. The drive-thru clinics will be set up at the UNM Family Practice Center at 2400 Tucker NE, on the UNM north campus.

In addition, this year HSC will set up weekend flu shot clinics at its University Area, Northeast Heights and Southeast Heights clinics. The clinics will be held on weekends beginning Saturday, October 10, and will run through Saturday, November 21, or until the vaccine runs out. These flu shot are free to everyone. The UNM Health Sciences Center has made a commitment to administer these free flu shots for the good of the community.

UNM received its shipment of the seasonal flu vaccine on September 23 and has already started administering it to hospitalized patients, clinic patients and health care giver. This vaccine should not be confused with the H1N1 flu vaccine, which should arrive sometime in October. A separate schedule will be set up for administering that vaccine.

The drive-thru clinics for the seasonal flu shots on Oct. 17 and 24 will immunize persons nine years of age and older without having to get out of their vehicle. The drive-thru locations make it more convenient for people to get these free shots.

Here are the times and locations of the off-campus public flu clinics:

Saturday, Oct. 10

UNM University Area Clinic, 1209 University Blvd. – 9 a.m. - noon

UNM Southeast Heights Clinic, 8200 Central SE – 9 a.m. – noon

Saturday, Oct. 17

UNM Family Practice Center, 2400 Tucker NE – 8 a.m. – 2 p.m. (Drive Thru)
UNM Southeast Heights Clinic, 8200 Central SE – 9 a.m. – noon
Young Children's Health Center, 306-A San Pablo SE – 8:30 a.m. – 12:30 p.m.

Saturday, Oct. 24

UNM Family Practice Center, 2400 Tucker NE – 8 a.m. – 2 p.m. (Drive Thru)
UNM Northeast Heights Clinic, 7801 Academy Blvd. NE – 9 a.m. – noon
UNM Southeast Heights Clinic, 8200 Central SE – 9 a.m. – noon

Saturday, Oct. 31

UNM Southeast Heights Clinic, 8200 Central SE – 9 a.m. – noon
Lobo Care / Senior Health Clinic, 1101-4 Medical Arts NE – 9 a.m. - noon

Saturday, Nov. 7

UNM Southeast Heights Clinic, 8200 Central SE – 9 a.m. – noon

Saturday, Nov. 14

UNM University Area Clinic, 1209 University Blvd. – 9 a.m. - noon
UNM Southeast Heights Clinic, 8200 Central SE – 9 a.m. – noon

Saturday, Nov. 21

Young Children's Health Center, 306-A San Pablo SE – 8:30 a.m. – 12:30 p.m.

Flu is a serious contagious disease.

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

This flu season could be worse.

There is a new and very different flu virus spreading worldwide among people called novel or new H1N1 flu. This virus may cause more illness or more severe illness than usual.

Flu-like symptoms include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- runny or stuffy nose
- muscle aches
- sore throat
- vomiting
- sometimes diarrhea

For more information, visit

www.flu.gov

or call

800-CDC-INFO.

**Department of Health and Human Services
Centers for Disease Control and Prevention**

CDC says

"Take 3" steps

TO FIGHT THE FLU

**These actions
will protect
against the new
H1N1 too!**

CS205261-A



CDC urges you to take 3 action steps to protect against the flu.

#1

Take time to get vaccinated.

CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.

The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.

Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.

A seasonal vaccine will not protect you against novel H1N1.

A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.

People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.



#2

Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.

While sick, limit contact with others to keep from infecting them.

*Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.



#3

Take flu antiviral drugs if recommended.

If you get seasonal or novel H1N1 flu, antiviral drugs can treat the flu.

Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.

Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.

Antiviral drugs are not sold over-the-counter and are different from antibiotics.

Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions.

For treatment, antiviral drugs work best if started within the first 2 days of symptoms.

