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IMPORTANT INFORMATION ON CURRENT HEALTH ISSUES

Provided by the Suffolk County
School Superintendents Association

Healthy HABITS HEALTHY Kids



Know the Facts • Play it Safe • Stay Healthy

KNOW THE FACTS ABOUT HEALTH ISSUES IN THE NEWS

What Is Influenza (Flu)?

According to the Centers for Disease Control and Prevention, influenza is a contagious respiratory illness caused by influenza viruses. Some people, including older people, young children and those with certain health conditions, are at higher risk for serious flu complications. The upcoming season's flu vaccine will protect against what researchers have determined will be the most common strains during this season, including an influenza A (H1N1) virus, an influenza A (H3N2) virus and one or two influenza B viruses, depending upon the vaccine.

Symptoms

The flu is different from a cold and can come on suddenly. Those with the flu experience some or all of the following symptoms: fever (though not everyone with the flu will have a fever or feverish feelings/chills), cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. Some people

may experience vomiting and diarrhea, though this is more common in children than adults.

Ways to Reduce Spreading the Flu

- Clean hands save lives. Remember to wash your hands with soap and water for 20 seconds, dry hands with a paper towel and use the towel to turn off the faucet.
- Cover coughs or sneezes with a tissue or your arm. If using a tissue, discard in the trash and wash your hands.
- Avoid touching your nose, mouth and eyes.
- The CDC recommends seasonal flu vaccinations for everyone 6 months of age or older unless they have a specific contraindication to the flu vaccine. Of course, check with your physician.
- Whenever possible, try to avoid close contact with people who are sick.
- Everyone diagnosed with the flu is encouraged to stay home at least 24 hours after they no longer have a fever.



What is Enterovirus?

Non-Polio Enteroviruses - According to the Centers for Disease Control and Prevention, non-polio enteroviruses are very common viruses. While anyone can become infected with non-polio enteroviruses, infants, children and teenagers are more likely to become infected because they do not yet have immunity from previous exposure to the viruses.

Symptoms

Most people who are infected with non-polio enteroviruses do not get sick or only experience a mild illness. Those infected may experience some or all of the following symptoms: fever, runny nose, sneezing, cough, skin rash, mouth blisters, and body and muscle aches.

Ways to Reduce Spreading Non-Polio Enteroviruses

Unlike influenza (flu), there is no vaccine to protect against non-polio enteroviruses. It is difficult to prevent non-polio enteroviruses from spreading because most infected people do not have symptoms. However, you can use the following precautions:

- Clean hands save lives. Remember to wash your hands with soap and water for 20 seconds, dry hands with a paper towel and use the towel to turn off the faucet.
- Cover coughs or sneezes with a tissue or your arm. If using a tissue, discard in the trash and wash your hands.

- Avoid touching your nose, mouth and eyes.
- Avoid close contact, such as touching or shaking hands, with people who are infected.

What Is Enterovirus-D68 (EV-D68)?

Enterovirus-D68 is one of more than 100 non-polio enteroviruses that can cause mild to severe respiratory illness. In the United States, more people are likely to become infected with Enterovirus-D68 in the summer and fall months. In general, infants, children and teenagers are more likely to become infected. Children with asthma may have a higher risk of severe respiratory illness caused by EV-D68 infection.

Symptoms

EV-D68 can only be diagnosed by doing specific lab tests on specimens taken from a person's nose and throat. Call your child's doctor if your child is experiencing difficulty breathing, if you feel you are unable to control symptoms, or if symptoms are getting worse. If your child develops severe illness, he or she may need to be hospitalized.

- Mild symptoms may include fever, runny nose, sneezing, cough, and body and muscle aches.
- Severe symptoms may include wheezing and difficulty breathing.

Ways to Reduce the Spread of Enterovirus-D68 (EV-D68)

- Wash hands often with soap and water for 20 seconds.



- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Stay home when you are sick.

What Is Ebola?

According to the Centers for Disease Control and Prevention, Ebola, previously known as Ebola hemorrhagic fever, is a rare and deadly disease caused by infection with one of the Ebola virus strains. Ebola, found in several African countries, can cause disease in humans and non-human primates including monkeys, gorillas and chimpanzees.

Symptoms

The Ebola virus is detected in blood only after the onset of symptoms. Symptoms may appear anywhere from two to 21 days after exposure to Ebola, but the average is eight to 10 days. It may take up to three days after symptoms begin for the virus to reach

detectable levels. Symptoms include:

- Fever
- Severe headache
- Muscle pain
- Weakness
- Fatigue
- Diarrhea
- Vomiting
- Abdominal (stomach) pain
- Unexplained hemorrhaging (bleeding or bruising)

Recovery from Ebola depends on good supportive clinical care and the patient's immune response. People who recover from Ebola infection develop antibodies that last for at least 10 years.

Ways to Reduce the Spread of Ebola

There is no FDA-approved vaccine for Ebola. If you travel to or are in an area affected by Ebola, use the following precautions:

- Practice careful hygiene, including washing your hands with soap and water or an alcohol-based hand sanitizer.
- Avoid contact with blood and body fluids.
- Avoid close contact, such as touching or shaking hands, with people who are infected.