



**Maine Regional School Unit 21**  
**The Schools of Arundel, Kennebunk, and Kennebunkport**

*"Preparing responsible, contributing citizens in a global society."*

*Andrew R. Dolloff, Superintendent of Schools*  
*James W. Barnes, Business Administrator*

*Dr. Patrick M. Manuel, Assistant Superintendent*  
*Susan M. Mulsow, Director of Special Services*

---

August 31, 2009

To the RSU 21 School Community:

I am writing to update you on the school district's interventions regarding the H1N1 flu virus and the seasonal flu virus which has received so much press over the past few months.

Since the H1N1 outbreak last spring, the district has extended its preparedness efforts in order to minimize the impact of a pandemic within the school community. Our administrative and health services team receives regular input from the Maine Center for Disease Control and Prevention (ME CDC) as to how we can best prevent an outbreak among our students and staff. In spite of these efforts, we expect to see more cases this fall as this strain does appear to be more frequent in children and young adults.

#### **Preventative Measures**

System-wide, the following plans have been adopted:

- Increased disinfecting of commonly-touched items such as doorknobs, drinking fountains, faucet handles, and pencil sharpeners. Also, this disinfecting will be done with a bleach-based cleaning agent, which is more effective at eliminating germs than the "green" agents we have been using for several years;
- More frequent disinfecting of bus seats and seatbacks;
- Installation of hand-cleansing dispensers in offices and public meeting spaces, and;
- Continued vigilance in encouraging students and staff to follow proper hygiene techniques, and providing students opportunities for proper handwashing.

#### **Public Health Precautions**

It is important for all faculty, staff, and students to take the following flu/respiratory disease precautions:

- Avoid contact with ill persons;
- When you cough or sneeze, do so into a sleeve or a tissue and wash your hands immediately;
- Throw used tissues in the trash;
- Do not share food, drink, or utensils, and;
- Wash your hands with soap and water frequently or use an alcohol-based gel.

Individuals who are ill with the flu should remain at home until 24 hours after they are fever-free (and without medication that would lower temperature). For individuals who have been in contact with someone who has the flu, onset of the virus can take up to three days. If they experience any flu symptoms within this time period, they should stay home to limit the spread of the virus.



## **Vaccinations**

The following vaccinations are expected to be available this fall:

- Seasonal Flu Vaccine: Maine CDC recommends that all students get vaccinated for the seasonal flu. This vaccine will be available for students and staff throughout the district on an elective basis. We will determine the dates and locations of these flu clinics by mid-September. More information will be found on our website ([www.rsu21.net](http://www.rsu21.net)) as it becomes available.
- Novel H1N1 Vaccine: Recent recommendations from the CDC have placed individuals under the age of 24 in the top priority group for receiving the H1N1 vaccine. We will be providing this vaccine to our students and staff, again on an elective basis, at clinic dates to be announced in the future.

## **Additional Information**

More information on the H1N1 flu is available on the following websites:

- Centers for Disease Control- [www.cdc.gov/h1n1flu/ga.htm](http://www.cdc.gov/h1n1flu/ga.htm)
- Maine Center for Disease Control - <http://www.maine.gov/dhhs/boh/maineflu/>

Thank you for your efforts to keep all members of the RSU 21 school community in good health. Although we cannot eliminate the spread of this virus, our efforts can significantly reduce its impact throughout the district.

Sincerely,

*Andrew R. Dolloff*

Andrew R. Dolloff  
Superintendent of Schools