

Dear Parents and Friends:

Congratulations to **Harriton's graduates of the Class of 2009**. Mother Nature granted the final commencement on the "Tombs" a perfect evening, and the event featured a special address by **Dr. Larry Summers**, Harriton class of 1972, who is currently the director of the White House's National Economic Council. The Harriton community also celebrated its 50th anniversary with an alumni reception before the commencement attended by more than 70 Harriton grads, including members of the school's first graduating class of 1959, making the annual procession of graduating seniors from the Lower Gym through the Honor Line to the center of The Tombs a particularly special experience. The alumni reception featured memorabilia from fifty years of Harriton High, painstakingly gathered and displayed by former Harriton parent **Eileen Riddell**. For a slideshow from the event, [click here](#).

Senior families: Relive the evening! **You can order a DVD of the commencement ceremony**, to be mailed to your house later in the summer. DVDs are \$25 each, and all proceeds will go to the Education Foundation of Lower Merion. An order form is reprinted at the end of this newsmail, or can be downloaded from the EFLM website: www.educationfoundationoflm.org.

There will be **one more regular newsmail** this school year, sent out next Monday, to wrap up this year and look ahead to September. If you have any news or announcements, please send them on!

There is a letter from the LMSD Coordinator of Health Services **updating parents about swine flu** at the end of this newsmail.

Final examinations are Thursday through Tuesday, June 11-16. Two exams are offered each day, at 7:45 a.m. and 9:30 a.m.: Sets 1 & 2 on Thursday, Sets 3 & 4 on Friday, Sets 5 & 6 on Monday, Sets 7 & 8 on Tuesday. Students who do not have an exam are not required to be at school; buses will pick students up from their bus stops at the regular time in the morning, and will leave school following the second exam period, around 11:00 p.m. No lunch will be served on final examination days. When a student misses a semester examination, it is the responsibility of the parent (s) or guardian (s) to inform the appropriate Assistant Principal about the absence prior to the scheduled exam. The Assistant Principal will review the circumstances of the absence and determine if a makeup exam is to be arranged. Failure to follow this procedure will result in a failing grade for the examination. For a Semester Course, the final examination counts for 20% of the final grade; for a Year Course, the final exam is 11% of the final grade. The exam schedule looks like this:

June 11, 2009	Set 1	7:45- 9:15 a.m.
	Set 2	9:30 – 11:00 a.m.
	Make Up Exam(s)	1:00 – 2:30 p.m.
June 12, 2009	Set 3	7:45 – 9:15 a.m.
	Set 4	9:30 – 11:00 a.m.
	Make Up Exam (s)	1:00 – 2:30 p.m.
June 15, 2009	Set 5	7:45- 9:15 a.m.
	Set 6	9:30 – 11:00 a.m.
	Make Up Exam (s)	1:00 – 2:30 p.m.

June 16, 2009

Set 7 7:45 – 9:15 a.m.

Set 8 9:30 – 11:00 a.m.

Make Up Exam (s) 1:00 – 2:30 p.m.

Though those half-days look tempting, **students may NOT visit teachers, siblings, etc. at the elementary and middle schools** during exam week. The other schools are still in session; please wait until after the full school day to visit. Note that students who are found on campus at another school during the school day this week will face disciplinary action and may lose their frees.

Also note that there are **no late buses during final exams**.

The **yearbooks are in** are being distributed during all three lunches. Students should bring their receipt if a book was pre-ordered, or a check for \$65.00 made out to "Harriton Yearbook" if it was not. Questions? Contact Mr. Murray: murrayp@lmsd.org.

Athletes who have **borrowed a padlock from the Athletic Office** are asked to please return it to the Athletic Office before the last day of school. If the lock has been misplaced, the replacement cost is \$10.00.

Athletic physicals for Fall sports will be held on Saturday, August 15. Students should call Dr. McShane's office for an appointment: 610-254-8001. The cost of the physical is \$35.00. Please bring the four-page PIAA physical form to your appointment with pages 1, 2 and 3 completed. Physical forms are available in the Athletic Office, or download it from www.piaa.org (click on "Resources," then "Forms").

Please note the **end-of-year collection schedule** for all laptops:

1. May 26-June 1: Senior laptops were collected following senior project presentations. Replacement cost for lost or damaged chargers is \$70, payable by check to LMSD.
2. June 9 and 10: Freshmen, sophomore, and junior laptops will be collected in advisory by building. On June 9, during afternoon advisory, all students in the J Building and Portables will return laptops and chargers. Replacement cost for lost or damaged chargers is \$70, payable by check to LMSD. On June 10, during a special morning advisory, all students in the M and S Buildings will return laptops and chargers. Replacement cost for lost or damaged chargers is \$70, payable by check to LMSD.
3. Students are asked to back up all data before the collection dates. Any class notes or other study materials for finals should be saved to the home folder on the network and/or printed.

As the end of the school year approaches, please remember that the school district has a **gift policy** regarding the giving of gifts to employees of the district. In a nutshell, school district employees are not allowed to accept gifts from students. This does not include small tokens of appreciation such as cards, baked goods, etc., but the policy does state that "no student should feel obligated to make a contribution to a professional staff member." Remember that donations to the Lower Merion Township Scholarship Fund in the name of a staff member are always welcome, as are personal notes.

The Lower Merion Township Scholarship Fund has available a **three-card donation packet**, which is sold for a donation of \$30. Cards can be given to teachers (this is in accord with the "no gift" policy of the district) to let them know that the donation is made in the teacher's honor to the scholarship fund. If you are interested in purchasing scholarship donation cards, please contact Peggy Maltz at pqm3@comcast.net, or call 610-527-5353.

District News:

Please join us for the first annual Education Foundation of Lower Merion "**Run for Our Schools**," which will take place on Sunday, June 14, at 9:00 a.m. This community-wide event will start and end at Harriton High School and will include a 5K run, a 1.5-mile walk, a "Track Trot" for the youngest children, and a Fitness Fair. Prizes will be awarded for top individuals and teams in the 5K, and a participation trophy will be awarded to the LMSD school with the greatest number of participants. Proceeds will benefit the Education Foundation's grants program in our public schools. Register online through Wednesday at www.lowermerionrun.org. In-person registration is available from 5:00 to 7:00 p.m. on Friday, June 12, at the Ardmore (Suburban Square) Starbucks; or between 8:00 and 8:45 a.m. on the morning of the event. Want to help? Contact us at info@educationfoundationoflm.org.

Alex's Original Lemonade Stand returns to Penn Wynne Elementary School on Saturday, June 13, from 10:00 a.m. to 3:00 p.m. [Alex's Lemonade Stand Foundation](http://www.alexlemonade.org) (ALSF) emerged from the front-yard lemonade stand of cancer patient and former Penn Wynne Elementary student Alexandra "Alex" Scott (1996-2004). For more information, see www.alexlemonade.org.

The Lower Merion School District keeps a **Community Happenings page** on its website, www.lmsd.org, for up-to-date information on events happening in the community. There is a tab across the top of the LMSD home page labeled "Community." From there, you can access "Upcoming community events and programs." For a direct link to the page, [click here](#). Please feel free to check out the many events and opportunities that are offered in and around Lower Merion!

Please join us on Saturday, June 13, for the **Fox's Fight 3-on-3 Basketball Tournament and Family Fun Day** at Friends Central Upper School as we honor the memory of Andrew Fox and raise much needed funds for the Andrew J. Fox Melanoma Research Fund at the Abramson Cancer Center at the Hospital of the University of Pennsylvania. Andrew battled Melanoma for 13 months and lost his fight in 2007. His goal was to raise awareness for this deadly disease and raise funds to find a cure. Andrew was a graduate of Harriton High School, class of 1982, and father of 2 sons who graduated from Harriton in 2007. His daughter attends Welsh Valley and his wife, Bonnie, has been a Special Education teacher in the district for the past 10 years. In three years, Fox's Fight has raised over \$100,000.00 and this event has already raised \$25,000.00 more. Our goal is to raise at least \$50,000.00 but we need your help! There is something for everyone on June 13 ... a 3 on 3 basketball tournament for those 16 years and older, a mini-basketball clinic for kids led by legendary St. Joe's Basketball Coach Phil Martelli, great food, music, raffles, entertainment, games, and fun for all. The 3 on 3 Basketball Tournament is from 12:00 to 4:00 pm and the Family Fun Day is from 1:00 to 3:00 pm. Please join us for a fun-filled day! For more details and registration forms, go to www.foxsfight.com, or contact Bonnie Fox at LMHS at foxb@lmsd.org or bonniebfox@comcast.net.

Save the date! On Saturday, November 7, the Education Foundation of Lower Merion will be holding its **third annual Gala** at Ardmore Toyota on Lancaster Avenue. This special evening will feature great food and drink, silent and live auctions, a raffle, and entertainment. The proceeds

will benefit the Education Foundation of Lower Merion, the mission of which is to provide a vehicle for the entire community's voluntary support of programs and activities enhancing the educational experience of all students, consistent with the mission of the Lower Merion School District. Invitations will be mailed to all LMSD parents in September. Last year's gala netted \$20,000 for the Education Foundation, and a good time for all who attended. For more information about the EFLM and its activities, check the Foundation's website at www.educationfoundationoflm.org.

Congratulations:

- Congratulations to the Harriton Juniors who were named Book Award winners at this year's Academic Awards Assembly: Bryn Mawr College--[Barr Yaron](#), Harvard University--[Eileen Mayro](#); Princeton University--[Hope Silerstein](#); Williams College--[Alex Schupper](#); Yale University--[Ben Vander](#).
- Congratulations to Harriton Football players [David Horev](#) and [Victor DeLomba](#); as reported earlier, they were selected to play for the West team in the [Hero Bowl all-star football game](#), on Thursday, May 28, and they helped the West team to victory over the East team, 24-7.
- Congratulations to the [Harriton Crew team members who were honored with awards](#) at the recent 2009 Crew banquet: The Kauffman–Rosoff Alumni Crew Award (in recognition of hard work, dedication, and pursuit of excellence in the sport of rowing): [James Butler](#), [Alex Menard](#), [Eliza Brooks](#), [Alison Frank](#), and [Catherine Haslam](#); Most Outstanding Novice: [Evan Opall](#) and [Julia Goodhart](#); The William D. Beck Award (in recognition of outstanding accomplishments and pursuit of excellence in the sport of rowing): [Joseph Powell](#); The Barbara Zuzelo Award: [Melissa Langer](#); The Paul Day Outstanding Coxswain Award (in recognition of outstanding skill navigating and motivating boats throughout the rowing season): [Julie Castelbaum](#) and [Eric Schlesinger](#); The John T. Fair, Jr. Sportsmanship Award (in praise and acknowledgment of outstanding sportsmanship both on and off the water): [Connor Wortley](#); The Steven Patrick McGuinn Sportsmanship Award: [Jen Margulies](#); The Coaches Award (in recognition of sportsmanship, dedication, outstanding leadership, and pursuit of excellence in the sport of rowing): [Alex Sparks-Hanson](#).
- Congratulations to [Class of 2009 Valedictorian Liza Apothaker](#), and [Salutatorian John Slochower](#).
- Congratulations to the Harriton seniors who received awards at this year's [Academic Award Assembly](#):
 - **Special Awards:** Best of the Class (WPVI-TV)—[Liza Apothaker](#); Red & White Award (for a student who has to the best of their ability demonstrated courage and persistence and has shown exemplary attitude while attending Harriton High school)—[Emilia Rivera](#) & [Daniel Stimmler](#); NHS Special Service Award (recognition by the National Honor Society for exceptional service to school and community during the student's high-school tenure)—[Emilia Rivera](#); Student Council Scholarship Award—[Gabriella Bressi](#); HSA Award—[Margaret Ferguson](#); Principal's Award (for outstanding academic achievement, contributions to the school community, and citizenship)—[Jessica Rothstein](#); The Army Scholar Athlete Award --[Jessica Rothstein](#) and [Harrison Abrams](#); United States Naval Academy Appointment--[Hunter Harrison](#); Marines "Semper Fidelis" Award--[Sean Derrow](#).

○ **Straight “A” In Subject Area Awards,**

Technical Education— Paul Delomba, Jack Harris, Jacob Karlsruher, Ryan Lamb, Stephen Przybyszewski, Caitlin Shreiber, Daniel Stimmler.

Family & Consumer Sciences— Hannah Baumstein.

Art— Thomas Angeloni, Hannah Baris, John Burchmore, L. Harper Davis, John Going, Katie Graves, Lucy Goodman, Emily Mayer, Julia Miller, Alexander Schechter, Monika Zaleska.

World Language— Liza Apothaker, Scott Berman, Charles Epstein, Andrew Cerami, Anna Denis-Rohr, Sean Derrow, Rachel Eisenstadt, Melissa Langer, Anna Matlack, Brian Mechanick, Jessica Metlay, Jessica Milestone, Rebecca Rutenberg, Adam Settle, Daniel Shulkin, John Slochower, Allyson Volinsky, Monika Zaleska.

Health & Physical Education— Harrison Abrams, Liza Apothaker, Pavel Aprelev, Michael Ayella-Silver, Lauren Benjamin, Steven Ellis, Scott Berman, Grant Biegger, Gabriella Bressi, Brianna Brown, William Carabasi, Charles Epstein, Julie Castelbaum, Eun Jeong Choi, Kelsey Curtis, Aaron Dawson, Anna Denis-Rohr, Sean Derrow, Rachel Eisenstadt, Julia Elliott, Megan Ferguson,, Ashley Forman, Danielle Frank, Jack Harris, Hunter Harrison, Stephanie Hill, Troy Iskarpatyoti, Jacob Karlsruher, Thaddeus Komacek, Melissa Langer, Rachel Lindsay, Jonathan Maltz, Anna Matlack, Angela McDougall, Adam McGonigle, Brian Mechanick, Jessica Metlay, Joshua Millan, JoAnna Qian, Joshua Rosen, Daniel Sacerio, Robert Schwab, Adam Settle, Daniel Shulkin, Matthew Siegel, John Slochower, Thomas Smith, Eugenia Sokolskaya, Lorig Stepanian, Gabriel Streisfeld, Karolina Swider, Celia Tong, Sarah Tuchinsky, Alison Tutelman, Allyson Volinsky, Elliot Weiser, Andrew Wulc, Monika Zaleska.

English— Liza Apothaker, Scott Berman, John Burchmore, Grazia Castagna, Charles Epstein, Kelsey Curtis, Rachel Eisenstadt, Katie Graves, Hunter Harrison, Stephanie Hill, Jacob Karlsruher, Melissa Langer, Anna Matlack, Adam McGonigle, Jessica Metlay, Jessica Milestone, Jennifer Morganroth, Robert Schwab, Adam Settle, John Slochower, Eugenia Sokolskaya, Karolina Swider, Allyson Volinsky, Monika Zaleska.

Mathematics— Liza Apothaker, Scott Berman, Charles Epstein, Sean Derrow, Rachel Eisenstadt, Katie Graves, Guy Katz, Melissa Langer, Robert Schwab, Eugenia Sokolskaya, Elliot Weiser.

Music— Elizabeth Benz , Jacob Blumberg, Gabriella Bressi, Suzanne Borchard , Julie Castelbaum, Aaron Dawson, Danielle Frank, Guy Katz, Daniel Sacerio, Adam Settle, Casey Tabas, Rachel Tharpe, Allyson Volinsky.

Science— Harrison Abrams, Liza Apothaker, Scott Berman, Charles Epstein, Anna Denis-Rohr, Sean Derrow, Megan Ferguson, Melissa Langer, Adam McGonigle Issac Pedisich, Robert Schwab, John Slochower, Eugenia Sokolskaya, Lorig Stepanian, Elliot Weiser.

Social Studies— Liza Apothaker, Steven Ellis, Julie Castelbaum, Melissa Langer, Anna Matlack, Adam McGonigle, Jessica Metlay, Jessica Milestone, John Slochower, Thomas Smith, Eugenia Sokolskaya, Monika Zaleska.

o **Honor Roll Awards** (achieving Honor Roll every quarter): Harrison Abrams, Liza Apothaker, Hannah Baumstein, Lauren Benjamin, Elizabeth Benz, Scott Berman, Suzanne Borchard, Brianna Brown, Julie Castelbaum, Kelsey Curtis, Aaron Dawson, Anna Denis-Rohr, Sean Derrrow, Rachel Eisenstadt, Charles Epstein, Margaret Ferguson, Danielle Frank, John Going, Lucy Goodman, Katie Graves, Hunter Harrison, Stephanie Hill, Troy Iskarpatyoti, Connor Johnson, Laura Jungreis, Jacob Karlsruhe, Guy Katz, Melissa Langer, Rachel Lindsay, Jonathan Maltz, Anna Matlack, Adam McGonigle, Brian Mechanick, Jessica Metlay, Jessica Milestone, Jennifer Morganroth, Jessica Morganroth, Stephen Przybyszewski, Jessica Rothstein, Rebecca Rutenberg, Daniel Sacerio, Robert Schwab, Adam Settle, Ronny Shapiro, Daniel Shulkin, Matthew Siegel, John Slochower, Thomas Smith, Eugenia Sokolskaya, Alexandra Sparks-Hansen, Lorig Stepanian, Gabriel Streisfeld, Karolina Swider, Allyson Volinsky, Elliot Weiser, Alec Weiss, Richard Woolbert, Monika Zaleska.

o **Outstanding Student In Subject Area Awards:** Business, Computer, and Information Technology— Daniel Shulkin; Family & Consumer Sciences— Katelyn Schober; Fine Arts— Emily Mayer; Health— Eli Derrrow; Music, Instrumental— Adam Settle; Music, Vocal— Daniel Sacerio; Physical Education— Gregory Johnson & Christina Pasquariello; Technology Education— Caitlyn Shreiber; Educational Field Experience/Cooperative Work Program— Stephanie Fusaro.

o **Twelfth-Grade Subject Area Awards:** English— Monika Zaleska; Mathematics (Richard D. Liberi Mathematics Award)— Eugenia Sokolskaya; Science— Charles Epstein; Social Studies— Rachel Eisenstadt; French— Eugenia Sokolskaya; Japanese— Mark Bookman; Latin— Adam Settle & Jessica Milestone; Spanish— Guy Katz.

Monday, June 8:

- No scheduled activities.

Tuesday, June 9:

- No scheduled activities.

Wednesday, June 10:

- No scheduled activities.

Thursday, June 11:

- **FINAL EXAMS**, sets 1 (7:45 a.m.) & 2 (9:30 a.m.). No lunch served.

Friday, June 12:

- **FINAL EXAMS**, sets 3 (7:45 a.m.) & 4 (9:30 a.m.). No lunch served.

Saturday, June 13:

- No scheduled activities.

Sunday, June 14:

- Education Foundation of Lower Merion 5K Run/Fun Walk at Harriton High School, 9:00 a.m. Register at www.lowermerionrun.org.

Monday, June 15:

- FINAL EXAMS, sets 5 (7:45 a.m.) & 6 (9:30 a.m.). No lunch served.

Tuesday, June 16:

- FINAL EXAMS, sets 7 (7:45 a.m.) & 8 (9:30 a.m.). No lunch served.
- Last day of school for students.
- End of fourth quarter.

Save the Dates:

- Monday, June 22: Summer school begins.
- Tuesday, June 23: Report cards mailed.
- Wednesday, September 2: New student orientation.
- Tuesday, September 8: First day of school.

If you have any questions or comments, please e-mail HarritonHSA@yahoo.com. Thanks!

Sherry Wert, Harriton H.S.A.

Update to LMSD families regarding H1N1 Flu

June 5, 2009

Dear Parents and Guardians:

As you may be aware, there have been a number of cases of Novel Influenza A (H1N1) Virus, also known as "Swine Flu" reported in the area in recent weeks. We have continued to monitor updates and recommendations from health officials regarding this virus and have been in frequent contact with the Montgomery County Health Department, an organization that works under the direction of the PA Department of Health and the Center for Disease Control (CDC).

We received notice two days ago from the health department that a Bala Cynwyd student had a suspected case of H1N1 Flu in May. This morning, the health department confirmed the case. The student has already recovered, is not contagious and the incubation period for the virus has ended. As has been communicated widely by health officials since initial cases were reported in the U.S., the CDC

no longer recommends the closing of schools for individual cases of H1N1 Flu. That said, the health department and our health staff are working to ensure that other recommendations from the CDC are being followed:

- Students, faculty or staff with influenza-like illness (fever with a cough or sore throat) should stay home and not attend school or go into the community except to seek medical care for at least 7 days even if symptoms resolve sooner.
- Students, faculty and staff who are still sick 7 days after they become ill should continue to stay home from school until at least 24 hours after symptoms have resolved.
- Parents should be advised to consult their family physician for guidance regarding use of any medications for any confirmed or suspected case of novel H1N1 influenza virus.
- Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness.
- Ill students should not attend alternative child care or congregate in other neighborhood and community settings outside of school.

Students, faculty and staff should stringently follow sanitary measures to reduce the spread of influenza, including covering their nose and mouth with a tissue when coughing or sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.

The enclosed fact sheet provides you with essential information on the H1N1 Flu and hopefully answers some of your questions. If you have additional questions or concerns, please contact the health department staff at 610-278-5117, Terry Quinlan, Coordinator of LMSD Health Services or talk with your family physician.

It is possible and in fact, likely, that there have been other cases of H1N1 Flu in our area that simply have not been reported to the health department. Unless suspected cases are reported to the Health Department by physicians, the District has no way of tracking possible cases among students or staff. We encourage you to share this information with your health care provider if you believe you have or may have experienced flu-like symptoms as described above. The more information that is available, the better prepared we are to maintain safe and healthy learning environments for our children.

Thank you.

Sincerely,

Terry Quinlan, RN
Coordinator of Health Services
Lower Merion School District

FAQ from the Montgomery County Health Department

What is swine flu? Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.? In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm> CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious? CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people? The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread? Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else? Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu? First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu? Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread swine flu to others? People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination? Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body? We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick? There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

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 get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing? If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu? Washing your hands often will help protect you from germs. Wash with soap and water. or clean with alcohol-based hand cleaner. we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick? If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

Fast breathing or trouble breathing

Bluish skin color

Not drinking enough fluids

Not waking up or not interacting

Being so irritable that the child does not want to be held

Flu-like symptoms improve but then return with fever and worse cough

Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

Difficulty breathing or shortness of breath

Pain or pressure in the chest or abdomen

Sudden dizziness

Confusion

Severe or persistent vomiting

How serious is swine flu infection? Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths occurring. However, swine flu infection can be serious. In September 1988, a previously healthy 32-year-old pregnant woman in Wisconsin was hospitalized for pneumonia after being infected with swine flu and died 8 days later. A swine flu outbreak in Fort Dix, New Jersey occurred in 1976 that caused more than 200 cases with serious illness in several people and one death.

Can I get swine influenza from eating or preparing pork? No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Families and friends of graduated LMHS and HHS seniors:

Order your 2009 Graduation DVDs today!

These high-quality DVDs capture the memories of the 2009 Commencement ceremony.

Lower Merion and Harriton High School DVDs are available.

The DVDs will be sent to your home over the summer.

All proceeds from the DVD will go to the Education Foundation of Lower Merion.

2009 Graduation DVD Order Form

Please check one:

I would like to order the Lower Merion Graduation DVD.

I would like to order the Harriton Graduation DVD.

Please send me _____ DVDs at \$25 each.

Enclosed is my check/cash totaling \$_____.

(Checks should be made payable to "The Education Foundation of Lower Merion.")

Here is my phone number _____ and e-mail address _____
in case of questions about my order.

Please send the DVD(s) to:

Name: _____

Address: _____

**Please send your order to:
Education Foundation of Lower Merion
P.O. Box 79**

Narberth, PA 19072