

September 15, 2009

Dear Parent/Guardian,

As the school year begins, there has been much talk about the H1N1 influenza which continues to be a concern to all of us. We wanted to update and remind you about some important information related to this.

We know that the most effective way to protect people from the flu and other illnesses is to keep sick people away from healthy people. So if your child is sick, you must keep your child home. Staying home when sick stops the spread of the flu and other illnesses and helps the sick person get well.

Please check your child every morning before sending him or her to school:

If your child has both:	Then you must:
Fever (100 F. or 37.8 C) AND sore throat or cough. These are indicators your child may have the flu.	Keep your child home from school and extra-curricular activities, including sports. The fever may last 3 to 5 days. 24 hours after they are free of fever (100F, 37.8C) without the use of fever-reducing medications , they can return to school.

If your child only has:	Then you must:
<ul style="list-style-type: none">• Only a fever OR• Only vomiting or diarrhea OR• Only a sore throat or new cough (no fever)	Keep your child home from school and extra-curricular activities, including sports , until symptoms are gone for 24 hours. Your child may not have the flu, but it is still important to keep your child home as a precaution

If your child comes to school with symptoms of flu, or if your child develops these symptoms when they get to school, your child will be sent home until signs of a fever (without the use of fever-reducing medications) are gone for 24 hours.

Feel free to send in "Kleenex" with your child and hand sanitizer if you wish. Hand sanitizer is available at key areas of the school. Students will be encouraged to wash their hands prior to lunch or use hand sanitizer on entry into the cafeteria. The custodial staff will be focused on cleaning surfaces throughout the day that students come in continual contact with – stair rails, doorknobs, cafeteria tables, etc. Now would be a good time to consider what arrangements you would need to make to assure that your child is cared for when they are sick.

Here are some websites that you may find helpful:

www.flu.gov <http://cdc.gov/h1n1flu> <http://tahd.org>

As always, please call with any questions or concerns. Thank you for helping us keep the school environment as healthy as possible for all.

School Nurse

Principal

James McKay, M.D.
School Medical Advisor