

September 15, 2009

Dear Colleagues,

This update is for all of us that come in contact with students on a daily basis: teachers, various staff members, coaches, bus drivers, and kitchen workers.

We wanted to give you some information about the H1N1 flu so that you would know what to watch for in the students you see daily. If the student appears to be chilled, flushed, shivering, or has other signs of a fever, continue as always to send them to see us. We will be looking for a Fever of 100F and a sore throat or cough as being clinical indicators of the H1N1 flu. Additional symptoms may include a runny or stuffy nose, body aches, headache, fatigue, diarrhea, and vomiting. You know your students well, and will be aware if they are ill.

Hand sanitizers will be available in the cafeteria areas at LIS and LHS, and students at Center will be encouraged to wash their hands prior to eating. We encourage you to also use hand washing as an effective defense. Each classroom will be receiving a spray bottle of cleaning solution that can be "spritzed" and left to air dry on surfaces, doorknobs, (NOT THE COMPUTER KEYBOARDS) if you wish. 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.

Students who have a fever of 100F and a sore throat or cough will be excluded from school at least 24 hours after the fever ends (**without the use of fever-reducing medication**). Typically, the fever lasts 3 – 5 days. Exclusion includes not only the school day, but also extracurricular activities, including sports.

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. This includes **you**. If you have a fever of 100F, and a sore throat or cough, you **must** stay home. You **must** be away from the students while the fever lasts as well as 24 hours after the fever is gone, without the use of fever-reducing medication. Typically, the fever lasts for 3 – 5 days.

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.

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