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Dear Parents and Guardians:

We are working closely with the Tri-County Health Department on H1N1 influenza and would like to provide you with this update.

Novel H1N1 influenza, previously known as “swine flu,” is a new virus that was first detected in people in the United States in April 2009. The symptoms of novel H1N1 influenza are similar to the symptoms of seasonal influenza and include fever, cough, and/or sore throat. The majority of novel H1N1 influenza cases so far have occurred in people between 5 and 24 years old.

Influenza spreads easily. If your child has a fever of 100°F or 37.8°C plus coughing or a sore throat, please **keep your child home** from school. Although attendance is important, your child’s health is even more important. Please keep your child home for at least 24 hours after the fever is gone. If you have been giving your child fever-reducing medications, he/she should be off the medicine and fever free for at least 24 hours before returning to school.

Please call your child’s school attendance line each day your child is out and report any flu symptoms your child is experiencing. It is also important to teach your children how to reduce their risk of getting influenza and protect others from infection.

- **Clean hands** frequently. Washing with hot and soapy water for 20 seconds is ideal.
- **Use hand sanitizer** if hand washing facilities are unavailable. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol.
- **Cover coughs and sneezes** with tissues or by coughing into the inside of the elbow. Cough or sneeze into your sleeve—not your hands!

We will continue to collaborate with the Tri-County Health Department to monitor this situation and provide information as it becomes available. Contact your healthcare provider for information about the H1N1 influenza vaccine and the seasonal influenza vaccine that will be available this fall and winter.

Thank you for your support in keeping our students and staff healthy.

Sincerely,

John L. Barry
Superintendent

