September 24, 2009

TO: Staff and Parents

SUBJ: H1N1 Influenza

Provided below is information about H1N1 influenza and the steps that the district is taking to prevent the spread of this disease.

• Major symptoms include a fever higher than 100.4 F (37.8 C) and one or more of the following: cough, sore throat, headache or muscle ache.

• Parents should keep their children home from school when they have a fever and exhibit one or more of these symptoms.

• Staff with these symptoms should not come to work, and staff who exhibit symptoms at work will be sent home.

• Students who exhibit flu symptoms will be promptly separated from other students and staff, and will be sent home as soon as possible. Parents should be aware that they must be available to pick up their children promptly if they become sick while they are attending school.

• Students or staff who have had flu-like illnesses should remain at home until at least 24 hours after they are free of fever (100.4 F).

• Those who belong to high risk groups for the H1N1 virus, such as pregnant women, individuals with asthma, diabetes, or heart disease and people who are immunosuppressed, should consult with their medical providers regarding steps they should take to prevent and/or treat the illness.

• It is recommended that individuals get seasonal flu shots from their health providers or other sources of their choice, as soon as possible.

• The H1N1 vaccine is expected later in the fall, and it is recommended that individuals follow the guidance that will be made available at that time regarding who should get these vaccinations.

• School staff will take appropriate steps to prevent the spread of disease by teaching students about and practicing frequent hand washing, coughing or sneezing into a tissue or the bend of the elbow, and avoiding touching their eyes, nose or mouth to avoid the spread of germs.

Jeanne Elliott
Principal