

August 20, 2009

Dear Parent/Guardian,

As you have heard, the number of cases of Human Influenza A-H1N1 (swine flu) has been steadily increasing during the spring and summer. Medical experts predict even more cases this fall when cooler weather returns.

In order to prepare for this, we need your help to ensure that we/you are taking all measures possible to prevent the spread of this virus.

1. Please encourage your child to wash hands frequently (before eating, after using restroom, etc.) using soap and water.
2. Encourage your child to cover his/her sneezes with tissue or use the bend of elbow to cover coughs/sneezes.
3. If your child has flu like symptoms or has a fever, keep them home until they are symptom free and fever free for 24 hours without using Tylenol (Acetaminophen), Motrin(Ibuprofen).
4. If you have been exposed, it may take up to 2 days to develop symptoms.
5. Wipe down hard surfaces and doorknobs to prevent the spread of germs.
6. It is suggested that your child receive the immunization for seasonal influenza and two doses of the novel H1N1 influenza vaccine when it becomes available.
7. A mass immunization program for children may be introduced in schools as early as October. These vaccinations will be recommended but not mandated for school students, and written permission will be required before children are immunized in the schools. Specifics will be announced at a later date.
8. Please ensure that the school office has a working phone number where someone can be reached in the event your child gets sick at school and needs to be picked up.
9. If your child becomes sick at school and has flu like symptoms (high fever, aches, headache, chills, etc) they will be given a mask and isolated until picked up from school.
10. If your child is suspected of the H1N1 flu, you must call your physician prior to office/emergency room visit which is recommended by the CDC.

For more information and up to date statistics on H1N1, you may log on to [www.flu.gov](http://www.flu.gov) or [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu).

Sincerely,

Shellie Smith, RN, School Nurse