

October 14, 2009

Dear Parents,

As was expected, the flu season is upon us and the numbers of children and adults who are experiencing flu-type symptoms is increasing. Please be reminded that flu refers to illnesses caused by a number of different influenza viruses. Currently, two strains of flu, seasonal flu and H1N1 flu are circulating in the United States. Outbreaks of the seasonal flu occur during late fall and early spring. In a typical year, 5-20% of the population gets the seasonal flu. This year, in addition to the seasonal flu, we also have the H1N1 flu which is reported to be occurring now, in the early to late fall. Flu symptoms may include:

- Fever
- Coughing
- Sore throat
- Runny or stuffy nose
- Headaches
- Body aches/chills
- Vomiting
- Diarrhea

In our schools, much like your homes, we have been consistent with proactive strategies to reduce the probability of contracting the flu: washing hands, covering nose and mouth when coughing or sneezing, and avoiding touching eyes, nose or mouth. However, in the event that a child or adult begins to show any of the flu symptoms, then we are encouraging a reactive approach which includes:

- Monitor child's body temperature
- Encourage child to drink lots of fluids
- See your doctor
- Keep your child home from school until at least 24 hours after he/she no longer has a fever (100°) or signs of fever (without the use of a fever-reducing medicine)

Our nurses continue to monitor and track student illnesses. If a student complains of any of the above-mentioned symptoms, our nurses will call the parent immediately and we will ask that the student go home to recuperate. Please call our nurses, Karen Peters and Julie Wright, if you have any questions.

Sincerely,

Karin Evans
Superintendent