

October 21, 2009

Dear Parent or Guardian:

As you may know, our state is experiencing many cases of flu. Flu can be spread easily from person to person. We are working closely on a daily basis with other state and county agencies to monitor current flu conditions in our area and to keep our schools functioning as normal. However, **we also need your help** to reduce the spread of flu and to keep our students healthy and our schools open. Please help us by:

- *Teaching your children to wash their hands often with soap and water or with an alcohol-based hand rub.
- *Teaching your children to not share personal items like drinks, food or unwashed utensils
- *Teaching your children to cover their coughs and sneezes with tissues or covering up their coughs and sneezes using their elbow, arm or sleeve instead of their hand when a tissue is unavailable.
- *Knowing the signs and symptoms of the flu. Symptoms of the flu include fever: 100 degrees Fahrenheit, 37.8 degrees Celsius or greater, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- *Not sending children to school if they are sick. Any child who is determined to be sick while at school will be sent home.
- *Keeping sick children home for at least 24 hours **after** they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children home who have a fever will reduce the number of people who may get infected.

It is also important to watch carefully for any signs of flu or any unusual behavior as this may indicate that your child is developing severe illness that may need medical attention. Some of these signs include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Being so irritable that the child does not want to be held
- No tears when crying or not urinating
- Flu-like symptoms improve, but then return with fever and worse cough

For the most current information on flu, you can visit www.flu.gov or call 1-800-CDC-INFO. Please know that we are monitoring the situation.

Sincerely,

Indian Creek Administrators

