

School Administration Office  
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October 9, 2009

Dear Parents,

As you know, our area is experiencing an early flu season. The flu is easily spread from person to person and school-aged children are among groups most affected. Parents have reported that a number of the flu cases have been confirmed as the H1N1 Flu. Please be assured that we are taking the following steps and precautions to control the spread of flu at school:

- Encouraging frequent hand washing,
- Providing hand sanitizer in all our cafeterias,
- Encouraging everyone to cover their coughs,
- Sending students home at the earliest sign of flu-like symptoms,
- Maintaining high standards of thorough cleaning and sanitation practices,
- Monitoring and documenting symptoms of ill students,
- Tracking student attendance and reasons for absences,
- Maintaining close contact and monitoring informational bulletins from the Elkhart County Health Department, Indiana Department of Health and the Center for Disease Control.

You can help us in our efforts to control the spread of flu at school by keeping your child home when they are ill and for at least 24 hours after they are fever free without the use of fever reducing medication. If flu symptoms persist it is advised to see your family doctor.

The clinical signs of the flu are:

- fever greater than 100,
- sore throat,
- cough,
- stuffy or runny nose,
- aches,
- fatigue, and some flu cases include,
- nausea, vomiting and/or diarrhea.

Treatment of the flu should include plenty of fluids, rest and medications to reduce the fever.

More information regarding the flu can be found at [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO.

Thank you in advance for your help in this matter,

Nancy Roeder, Head School Nurse

Joe Sabo, Superintendent