

Hall County Schools Campus Messenger

Dear Parents,

As you may know, flu can be spread easily from person to person. Therefore, we are taking steps to prevent the spread of flu in our schools and community, **but, we need your help to accomplish this.**

We are working closely with Hall County Health Department to monitor flu conditions and make decisions about the best steps to take concerning our school. We will keep you updated with new information as it becomes available to us. The school nurse is closely monitoring each student that presents to the clinic with symptoms of flu and educating parents on how to care for their child if sent home with flu symptoms. We are continuing our hand hygiene and cough etiquette education campaign. The teachers and the custodial staff are being extra vigilant in the routine cleaning of commonly touched surfaces in our building.

For now, we are doing everything we can to keep our schools functioning as usual. Here are a few things you can do to help:

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know 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.
- **Keep sick children at 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 with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

For the most up-to-date information on flu, visit www.flu.gov;
<http://www.cdc.gov/h1n1flu/> or <http://www.aasa.org/H1N1.aspx>.

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Hall County Schools
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