

WARREN COUNTY SCHOOLS

September 11, 2009

Dear Parent,

As you know the flu season is upon us. Steps are being taken to reduce the spread of flu in Warren County Schools because we want to keep your child in school, healthy as possible and functioning in a normal manner during this flu season. **We can also use your help!**

Here are a few things you can do:

- **Wash your hands and teach your children to wash their hands** often with soap and warm water for at least 20 seconds or use an alcohol-based hand rub.
- **Do not share and teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissue. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable reduces the number in germs in the air.
- **Watch for signs and symptoms of the flu**, such as fever (100 degrees or greater), cough, sore throat, a runny or stuffy nose, body aches, headaches, and feeling very tired. Some people may also vomit or have diarrhea.
- **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. Please notify your child's school office if your phone number information changes. Also, talk to your child's teacher or guidance counselor for school work to be completed while at home.
- **Keep your child 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.
- **Plan ahead** for the possibility that your child may have to be out of school for the flu. It is important for parents to have more than one option of where your child can stay when they are out of school.
- **Notify the school nurse** should your child be unable to come to school due to the flu.

For more information, see the attached flyer and visit www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what your school is doing, you may call the Warren County Health Department 257-1185 or contact your school nurse. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Dr. Ray Spain
Superintendent of Warren County Schools
