



Sweetwater Independent School District

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September 28, 2009

Dear Parents,

This letter will give you information about the flu outbreak in Nolan County. Every year, some people get sick with the flu during the fall and winter months. This year, there is a new flu virus that is making many people in Nolan County sick called H1N1 as well as an early seasonal flu.

We are providing you action steps for you as parents to protect your child and family from the flu this school year as recommended by the Centers for Disease Control (CDC).

1. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you or your child is sick for at least 24 hrs after there is no longer a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.**
4. Get your family vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available.
5. Please make sure that the school has a number where you can be reached in case of emergency. If you have had a change in your telephone numbers, please make sure the school has your new numbers.

If your child should be diagnosed by a physician to have the flu, they should stay home from school and all activities for at least 7 days or as specified by your physician. In some cases, symptoms may last longer than 7 days and you would need to continue to keep them home until all symptoms are gone for 24 hrs. If a member of your household has the flu, we recommend that you keep any school-aged children home for 5 days from the time the household member became sick in order to help prevent the virus from spreading. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of flu and notify their physician if other members should become sick.

If your child is at home with the flu, try to keep that child away from other children and set aside toys, movies, books, and games for them to use until the illness passes and then clean those items with a disinfecting substance.

Thank you for your help in reducing the spread of flu and other contagious diseases in our schools. We will keep you updated as changes occur with the recommended guidelines of the CDC.

Thank you,

Molly Thomas, RN
SISD Head Nurse