

October 2009

Dear Parents:

With the flu season upon us, it is important to remember what to do should your child contract either the seasonal flu or H1N1 (swine flu). Of primary importance, **PLEASE DO NOT SEND YOUR CHILD TO SCHOOL SICK**, whether with a fever, or complaining of significant headache/body aches, excessive coughing, etc. Influenza spreads from person to person via respiratory droplets that are expelled when a person coughs or sneezes. The disease can also be spread by accidentally touching those respiratory droplets on a contaminated phone, desk, etc. and then touching one's mouth or nose.

If your child is ill, please keep them home.

Those who do contract the flu should—

1. **Stay home until their symptoms are gone for at least 24 hours without the aid of medication. Please do not send your child back to school until they have been without fever for at least 24 hours without medication.**
2. Get plenty of rest.
3. Drink clear fluids to prevent dehydration.
4. Cover their nose/mouth when coughing/sneezing by coughing into their elbow or armpit-- NOT their hands.
5. Wash their hands frequently with soap/water or an alcohol-based hand rub, at least 60% alcohol-based.
6. AVOID CLOSE CONTACT WITH OTHERS—in other words, **stay home from school if you are running a fever, suffering from significant body aches, headache, or still coughing/sneezing a lot. Please do not return for one or two periods just to take a test.**
7. Check with your health care provider re: any special health care needs.

More complete information can be found on the www.iusd.org website.