

## Flu/Illness Update

September 22, 2009

Parents,

**School is cancelled the rest of this week and will resume on Monday (28<sup>th</sup>). All games and practices are also cancelled.**

Currently we have had a total of 19 students who have reportedly tested positive for influenza type A. (Results from 9/16 – 9/22/09) The number of students that are absent due to positive testing for type A flu is 18.

Tips for taking care of children (and other household members) with the flu  
**Stay home if you or your child is sick** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of a fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Stay home even if taking antiviral medicines.

**Cover coughs and sneezes. Clean hands** with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.

**Keep sick household members in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick person.

**Monitor the health of the sick child and any other household members** by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, the sick person might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

Watch for emergency warning signs that need urgent medical attention. These warning signs include:

Fast breathing or trouble breathing

Bluish or gray skin color

Not drinking enough fluids

Not urinating or no tears when crying

Severe or persistent vomiting

**If any of these symptoms are present seek medical attention or call 911.**

Sincerely,

Nurse Michelle

