

Dear Parents and Guardians,

We have a confirmed case of the Influenza A (H1N1) virus at the Upper Elementary School.

Our School District is following the Department of Health recommendations for environmental sanitation. That means that our custodial staff is cleaning frequently touched surfaces with an EPA recommended disinfectant labeled for use against bacteria and viruses. Influenza viruses, including the H1N1 virus, do not remain viable in the environment for extended periods of time. Therefore, the CDC is not recommending school site closures for a suspected or confirmed case of influenza.

Please consider the following recommendations:

- Monitor your children for flu like symptoms. These symptoms include **fever, chills, cough, sore throat, headache, muscle aches and lethargy.**
- Call your health care provider if you or your children have any flu-like symptoms.
- Remind children to cover their nose and mouth with a tissue when they cough or sneeze and dispose of tissues in the trash.
- Encourage children to wash their hands often with soap and water, especially after they cough and sneeze. Alcohol-based hand cleaners are also effective if soap and water is not available.
- Remember that influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Try to avoid close contact with sick people.
- If someone is exhibiting flu-like symptoms they should stay home and limit contact with others to keep from infecting them.

Please see the Centers for Disease Control website for updated H1N1 Flu information at <http://www.cdc.gov>

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