



October 27, 2009

Dear Parents/Guardians:

In the past several days, parents have reported absences of their children due to flu-like symptoms. We continue to implement precautions that have been recommended for schools. Some of the everyday actions recommended by the Center for Disease Control that people can take to stay healthy include:

- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth. Germs spread that way.**
- **Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.**
- **If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.**

<http://www.cdc.gov/swineflu/>

Please consult your family doctor regarding this illness. If your child is diagnosed with H1N1, it is most important that you contact your child's school and send a written diagnosis from the doctor.

Yours truly,

Dr. Joyce Kleinaitis

Superintendent of Schools