



Chattooga County Schools

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September 8, 2009

Dear Parents:

This letter is to inform you that a student at Chattooga High School has been confirmed with the H1N1 influenza, known as swine flu. As you may know, the medical community characterizes H1N1 as another brand of seasonal flu that often targets young children and teenagers. We understand that you may be concerned about this development, and the school system wants to inform you of the precautions we are taking to prevent the further spread of this virus and to give you information to promote prevention.

The school system is cleaning water fountains, door knobs and hard surfaces on a routine schedule with sanitizers to kill the virus. Principals and teachers are vigilant in observing students who exhibit flu-like symptoms and will refer these students to the school nurse. The school system is well prepared to deal with this issue should it spread to other students.

Flu can be easily spread; therefore, we need your help to prevent the spread of H1N1.

As a parent, here are things you can do to help:

- **Teach your child to wash their hands** often with soap and water or alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food, unwashed utensils, and to cover their coughs and sneezes with tissue. Also, teach them to cough or sneeze using their elbow or arm instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may vomit or have diarrhea.
- **Keep sick children at home for at least 24 hours after they no longer have fever** or do not have signs of fever, without using fever reducing drugs. Keeping children with fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Children who are determined to have flu-like symptoms at school will be sent home.

For more information, visit www.flu.gov or call 1-800-CDC-INFO for the current information about the flu.

Sincerely,

Dr. Dwight Pullen
Superintendent
Chattooga County Schools