

WEST ESSEX SCHOOLS

H1N1 Informational Flyer

A strain of influenza (flu) virus called H1 N1 (also called Swine Flu) has affected many people around the world. As we begin a new school year, we need your help to keep our students and staff healthy.

The best way to protect people from the flu and other illnesses is to keep sick people away from healthy people. **If your child or children are sick, they should be kept home from school.** Staying home when sick stops the spread of flu and other illnesses and helps the sick person get well.

Please check your child every morning before sending him or her to school.

If your child has:	Then:
Fever (100°F. or 37.8°C.) <u>AND</u> either sore throat or cough Your child may have the flu.	Keep your child home from school until at least 24 hours after the fever is gone (once they have stopped taking fever-reducing medicine.) As the sick person begins to feel better, you may decide to stop giving them fever-reducing medicines. Continue to monitor their temperature until it has been normal (98.7°F. or 37°C.) for 24 hours.

If your child has other symptoms:	Then:
<ul style="list-style-type: none">• Fever alone, OR• Vomiting or diarrhea, OR• Sore throat or new cough with no fever	Keep your child home from school until fever and non-fever symptoms are gone for 24 hours. If fever is present, follow guidance above.

If symptoms worsen or persist, call your medical care provider!

The health and safety of your child is our number one priority, so we will be monitoring for influenza-like illness in our schools. If your child comes to school with the symptoms of flu as described above or if your child develops these symptoms once in school, your child will be sent home and needs to remain at home until the symptoms are gone for 24 hours.

Please be assured that a sufficient supply of soap, paper towels, and facial tissue are available at school and that nurses and teachers are reinforcing appropriate hygiene etiquette to students. When you telephone the school to report an absence, please indicate if your child has a fever (temperature of over 100°F.) This information will help us to monitor trends and inform health officials of district data. Be assured that children's names will never be disclosed.

Thank you for your attention to this serious matter and for helping us to keep our schools as healthy as possible for all students and staff.

Centers for Disease Control and Prevention Website <http://www.cdc.gov/>