



DIXIE SCHOOL DISTRICT

October 29, 2009

Dear Parents:

As you know, flu can be easily spread from person to person. Therefore we are taking steps to reduce the spread of flu in our schools.

There are a few easy things your family can do to help:

1. **Teach your children proper hand washing**

Wash with soap and water or use alcohol based hand sanitizer. Remember to wash for at least 20 seconds. Wash the front and back of your hands and between fingers!

2. **Teach your children to cover their cough and sneezes with a tissue, or use an arm or elbow when a tissue is not available.**

3. **Keep your children home if they are sick**

Keep sick children home for at least 24 hours (or longer) after they have a fever (100 degrees or more) without using a fever reducing medication. This helps your child make a full recovery from their illness and decreases the chance of complications. It also reduces the number of people who may get infected.

4. **Immunize your children**

Vaccines are now available. There are two kinds of vaccines:

- Nasal spray vaccine - containing live, weakened viruses
- Flu shot vaccine - inactivated vaccine containing killed virus

You can get flu vaccines from your health care provider. If you don't have insurance, or a health care provider, the Health Department will be offering the vaccine.

Although, right now, there is a limited supply of vaccines, therefore some health care providers are just immunizing high risk individuals, the CDC does not predict a shortage of vaccine.

Is there H1N1 at our school?

There are children who are home sick with "flu like symptoms" that may or may not be H1N1. The absentee rate in our district is not any higher than this time last year.

Let's keep our children healthy!

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