



FAYETTE COUNTY BOARD OF EDUCATION

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September 1, 2009

Dear Parent or Guardian:

Currently, Type A (novel H1N1) flu is prevalent in our community and schools. According to the CDC, Georgia has widespread flu at this time. This flu is spreading easily from person to person and school-age children are among the groups most affected. **The symptoms of Type A flu are similar to those of seasonal flu (Type B) and include fever (100 degrees Fahrenheit or 37.8 degrees Celsius or greater), fatigue, lack of appetite and coughing. Runny nose, sore throat, nausea, vomiting and diarrhea are also commonly reported.** The CDC is de-stressing the need to test for Type A since it already exists in our community. Most healthy people recover in approximately a week, as with seasonal flu. **If your child has flu-like symptoms, please keep him or her at home for 24 hours AFTER fever or flu-symptoms are resolved WITHOUT fever-reducing medications.** Antiviral medications are recommended by the CDC for people with an underlying chronic health condition (i.e. asthma, diabetes, etc.) or are at high risk (i.e. pregnant). Children should see a healthcare provider for their flu if they develop trouble breathing, a high fever that lasts for several days with fever-reducing medications or if they become dehydrated because they are unable to keep fluids down. Currently a novel H1N1 vaccine is being developed and will be available mid-October for specific target groups; however, final details have not been released.

We continue to take the following steps to prevent the spread of flu in our school system to keep the schools open to students and functioning in a normal manner.

- Educate students to cover their mouth and nose when they cough or sneeze with a tissue (or shirt sleeve or elbow)
- Remind students to practice good hand washing or use waterless soap which is available throughout the schools.
- Continually assess students in the classroom and send them to the clinic for evaluation if they have flu symptoms.
- Clean surfaces and items in the classroom daily with approved disinfectant.
- Conduct active fever and symptom screenings of students and staff upon arrival at school if indicated.
- Separate sick students from healthy students in the clinic.
- Make changes to increase the space between people such as moving desks farther apart, teachers rotating between classrooms while keeping the same group of students in one classroom, if indicated.

To keep the schools open to students and functioning in a normal manner we need your help.

- **Teach your children to wash their hands, not to share personal items and cover coughs and sneezes.**
- **Develop a family plan** if your child or you become sick with the flu.
- **Keep sick children at home** for at least 24 hours AFTER they no longer have a fever or flu symptoms WITHOUT using fever-reducing drugs.
- **DO NOT send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home.

The best place to get the most current information about the flu is the CDC website at www.flu.gov or call the hotline at 1-800-CDC-INFO. Please visit the Fayette County Board of Education website at www.fcboe.org frequently for updates. In the future, information will be updated on this site.

Sincerely,

Debbie King, RN, BSN
School Health Services Coordinator