

August 26, 2009

Dear Parents:

This letter is to help provide guidance in regards to the flu virus. Public health officials want people to protect themselves against the flu—our everyday actions can help prevent the spread of germs that cause respiratory illnesses like influenza. We also continue our efforts to educate students about decreasing the spread of the seasonal flu and more recently the influenza, H1N1. In a proactive stance, we need to remember the three C's

- **Clean**—Wash your hands frequently to prevent the spread of germs.
- **Cover**—Your cough or sneeze with a tissue or sleeve, not your hand; and
- **Contain your germs**—stay home if you are sick.

Students and adults who demonstrate Influenza symptoms should seek medical treatment as soon as possible. Symptoms include:

- Fever, chills
- Sore throat, cough
- Achiness
- Nausea, vomiting

If you have questions, please contact your healthcare provider, school nurse, or local public health department (Jo Daviess County Health Dept. 1-815-777-0263).

Also I have included a letter from the Illinois State Board of Education. Information in regards to vaccinations and informative links are shared.

Have a great school year!

Sincerely,

Laura Nelson, Scales Mound #211 Superintendent