

Dear Parent/Guardian,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Spruce Creek High School. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

The school district is working closely with the Volusia County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

We are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an 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 or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve 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 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also 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 a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Parents/guardians *will be called to pick up* any children who are determined to be sick while at school.

**Follow these steps to prepare for the flu during the 2009-10 school year:**

- Plan for child care at home if your child gets sick.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during flu season. Children at high risk of serious disease from the flu include children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Get your family vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available.

For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit [www.volusia.k12.fl.us](http://www.volusia.k12.fl.us) or [www.volusiahealth.com](http://www.volusiahealth.com). We will notify you of any additional changes to our school's strategy to prevent the spread of flu.