

WATERLOO COMMUNITY UNIT SCHOOL DISTRICT NO. 5
UNIT OFFICE OF THE SUPERINTENDENT
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September 16, 2009

Dear Parents, Students, Faculty, and Staff:

The administrative leadership at Waterloo Community Unit School District No. 5 has been reviewing and updating plans for dealing with a **potential** outbreak of H1N1 flu virus this school year. To ensure the safety and well-being of our students, faculty, and staff, our plans focus primarily on preventing the spread of the flu. We are working in conjunction with the Monroe County Health Department's Emergency Preparedness Planner, Michael Pate. Mr. Pate is in frequent contact with the Centers for Disease Control (CDC).

The following guidelines have been designed to decrease the exposure to regular seasonal flu and the 2009 H1N1 flu, while limiting the disruption of day-to-day activities and the vital learning in our schools.

Please review the **guidelines for flu prevention listed below:**

Know the signs and symptoms of the flu. Symptoms of the flu include fever (**100 degrees or higher**) and a cough or sore throat. In addition, symptoms of the flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. Look for possible signs of a fever: if you feel very warm, have a flushed appearance, or are sweating or shivering.

Stay home when sick. Those with a flu-like illness need to stay home for at least **24 hours after they no longer have a fever without the use of fever-reducing medicines.** They should stay at home even if they are using antiviral drugs or if fever is controlled with the use of Tylenol or Ibuprofen.

Separate ill students and staff. Students and staff who appear to have flu-like illness will be sent to a room separate from others until they can be sent home. They may also be required to wear a protective mask to decrease the chance of respiratory transmission of the virus.

Practice good hand hygiene. Wash hands frequently with soap and water. If soap and water is not available, use hand sanitizer. Parents may send hand sanitizer with their child to use at school.

Practice respiratory etiquette. You need to cover your mouth and nose with a tissue if you cough or sneeze. (An elbow or shirt sleeve if no tissue is available).

Routine cleaning. School staff will routinely clean areas that students and staff often touch with the cleaners that they typically use.

Early treatment of high-risk students and staff. People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include **those who are pregnant, who have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.**

We will continue to monitor the situation and update you as new information becomes available. Additional and updated information is also available from the CDC at www.flu.gov.

As always, our goal is to keep you informed and work together for the health and well-being of our students. Please contact your healthcare provider if you have specific concerns related to your health.

Thank you for doing all that you can do to help us prevent the spread of the flu. With the concerted efforts of all, we hope to avert a closure or significant disruption of school activities and keep the school community safe.

James Helton
Superintendent

Carolyn Sabo RN
School Nurse