

Central Day School

MEMORANDUM

DATE: September 8, 2009
TO: All CDS Families
FROM: Administration
SUBJECT: Swine Flu (H1N1 Virus)

Swine Flu Update

This is an update to our school preparations for the H1N1 flu virus. At this time, national and local Departments of Health are treating the Swine Flu virus in the same manner as the normal seasonal flu. According to the director of HHS, Kathleen Sebelius, “what we are seeing looks like the seasonal flu”. Further, national and local authorities are recommending that schools respond to swine flu in the same manner as the seasonal flu with “closure of schools rarely indicated, even if flu is in the school.”

What the authorities do recommend is the same as seasonal flu:

- Be sure and wash your hands often, particularly before eating.
- Maintain sound sanitary practices in all activities.
- Do not go to school or work with a fever and flu symptoms.

We will continue and intensify our practice of having students maintain cleanliness. For the protection of all, we urge parents to please keep any student home that exhibits symptoms of any type of flu. Please know that if a student contracts flu like symptoms, we will isolate the student and call the parents to pick up the student.

We will not make it a practice of advising our school community of any suspicion of swine flu no more so than we would the seasonal flu. Of course if any illness were to appear to be affecting an abnormal amount of students, we would advise families, as well as the Health Department.

Our objective is to keep all our families healthy. If we all work together, we will be able to accomplish that – but it will take everyone’s cooperation.

If you have any questions or concerns, please contact your student’s teacher or the CDS office.

Following is a memo from the Memphis and Shelby County Health Department with their most recent recommendations to schools and parents:

August 11, 2009

Dear Parent:

As you may know, flu can be spread easily from person to person. To keep the schools open to students and to reduce the spread of flu in your child's school, **WE NEED YOUR HELP.**

The Memphis and Shelby County Health Department is working closely with your child's school to monitor the conditions and to keep you updated with information as it becomes available.

Here are a few things you can do to help:

- Plan for child care at home if your child gets sick or their school is dismissed
- 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 the flu season. Children at high risk of serious disease from the flu include: children under five 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.
- Collect games, books, DVD's and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.
- 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 or sneezes with tissues. Cover 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.

You will be notified of any additional changes in plans to prevent the spread of flu by your child's school.

For additional information, please call the Memphis and Shelby County Health Department at 901-544-7708.

Sincerely,

Kenneth S. Robinson, M.D.

Shelby County Health Officer