

8/25/2009

Dear Parent or Guardian:

As you are aware, there have been numerous confirmed cases of the new Novel Influenza A (H1N1) virus (also called Swine Flu) reported across the United States, as well as in Duval County. Our school district works closely with the local, state and national health agencies to investigate any illnesses and/or infections.

Novel Influenza A (H1N1) virus in people is characterized by these symptoms:

- Fever (100° or more)
- Sore throat
- Cough
- Fatigue
- Body aches
- Headache
- Chills

The illness may last up to seven days, but people are considered to be contagious up to one day before symptoms begin and continuing 5-10 days, after illness onset. This period can last even longer in young children and those with weakened immune systems. If you or your child has flu-like symptoms, monitor yourselves for the symptoms, and consult your physician.

Flu viruses are spread mainly from person to person through the coughing or sneezing of people with the flu. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. We want to remind parents of the importance of prevention and how to stay safe.

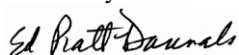
YOU CAN HELP TO PREVENT THE SPREAD OF NOVEL INFLUENZA A (H1N1) VIRUS
by teaching your child to:

- Sneeze or cough into a tissue, elbow or sleeve. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, stay home until you have been symptom and “fever free” for 24 hours, whichever is longer, except to seek medical care or for other necessities. Keep away from other household members as much as possible.

WARNING: Do not give aspirin (acetylsalicylic acid salicylates) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's Syndrome.

For more information on Novel Influenza A (H1N1) Virus, please visit the following website:
<http://www.myflusafety.com>

Sincerely,



Ed Pratt-Dannals
Superintendent