

Date: 10/22/2009

Dear Parents/Guardians:

We have seen some cases of probable H1N1 (Swine Flu) in our school community. The rapid nature of the spread of the cases we have experienced demonstrates just how infectious this disease is. The Snohomish Health District is considering any cases of influenza to be probable H1N1.

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu. 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.**

We are working closely with the Snohomish Health District to monitor flu conditions and make decisions about the best steps to take. We will keep you updated with new information as it becomes available.

If the flu outbreak becomes more severe, new guidelines may be released. In an effort to provide our community with the most appropriate response, our district aligns our procedures with the Snohomish Health District, Office of Superintendent of Public Instruction, Washington State Department of Health and the Center for Disease Control.

For now 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 use an alcohol-based hand rub that is at least 60 percent alcohol. You can set a good example by doing this yourself. Soap and water are best. Alcohol based hand rubs should not be used for children under one year of age and use must be supervised for younger children.

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° or more	• Sore throat	• a runny or stuffy nose
• cough	• body aches	• headache
• fatigue	• Vomiting	• 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 medicines. Keeping children with a fever at home will reduce the number of people who may get infected.

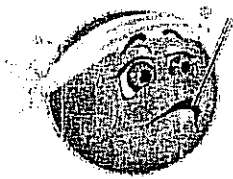
Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.

If your student has a health condition that impacts their breathing or immune system that would put them at higher risk from the flu, you should contact their Health Care Provider for more information on how to manage their condition.

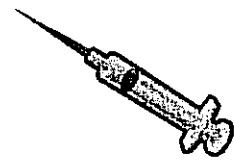
For more information visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit <http://www.snohd.org> . We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Please call the building school nurse, Tammy Beddoe Searson RN, BSN if you have any additional questions or concerns. 425-431-1070

Please see the back page of this letter for more information on the flu.



What can I do to protect myself from getting sick?



Get the H1N1 and the seasonal flu vaccine!

There are also everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. 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 or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing?

- If you are sick, limit your contact with other people as much as possible.
- Do not go to work or school if ill.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket.
- Cover your cough or sneeze if you do not have a tissue.
- Then, clean your hands, and do so every time you cough or sneeze.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



October 22, 2009

Queridos Padres/Guardianes:

Hemos visto probables casos del H1N1 (Gripe Swine) en la comunidad de nuestra escuela. La naturaleza de la rápida propagación de los casos que hemos experimentado demuestra que tan infecciosa es esta enfermedad. El distrito de Salud de Snohomish está considerando cualquier caso de gripe como probable H1N1.

Como usted ya sabrá, la gripe puede rápidamente esparcirse de persona a persona. Por lo tanto, estamos tomando los pasos necesarios para reducir la propagación de la gripe. Queremos mantener la escuela abierta a los estudiantes y hacerla funcionar de manera normal durante esta temporada de gripe. **Pero, necesitamos de su ayuda para poder lograrlo.**

Estamos trabajando de cerca con el Distrito de Salud de Snohomish para monitorear condiciones de gripe y tomar decisiones sobre los mejores pasos a tomar. Los mantendremos al tanto con nueva información en cuanto esté disponible.

Si la propagación de gripe se vuelve severa, nuevas guías serán proporcionadas. En un esfuerzo para proveer a la comunidad con la respuesta más apropiada, nuestro distrito alinea procedimientos con los del Distrito de Salud de Snohomish, la Oficina de Superintendente de Instrucción Pública, el Departamento de Salud del Estado de Washington y el Centro de Control de Enfermedades.

Por ahora, estamos haciendo todo lo posible por mantener a nuestra escuela funcionando normalmente. Estas son algunas de las formas en las que usted nos puede ayudar:

Ensene a sus hijos a lavarse las manos seguido con jabón y agua, o use gel sanitario con base de alcohol de por lo menos 60% alcohol. Usted puede ser un buen ejemplo al hacerlo usted mismo. Jabón y agua es la mejor opción. Gel de alcohol no debe usarse en niños menores de un año de edad y el uso en general debe ser supervisado por un adulto.

Ensene a sus hijos a no compartir cosas personales como bebidas, comida o utensilios sin lavar, y a cubrirse la boca cuando tosan o estornuden: cubrirse con el codo, el brazo o la manga en vez de usar la mano cuando no hay papel disponible.

Identifique las señales de los síntomas de la gripe. Estos síntomas incluyen:

• Fiebre/100° o mas	• Dolor de garganta	• Nariz con moquillo
• tos	• dolor de cuerpo	• dolor de cabeza
• fatiga	• Vomito	• diarrea

Mantenga a los niños enfermos en casa por lo menos 24 horas después de que ya no tengan fiebre o signos de fiebre, sin tener que usar medicina para reducir la fiebre. El mantener a los niños con fiebre en casa reducirá el número de personas que puedan ser infectadas.

No mande a los niños a la escuela si están enfermos. Cualquier niño que este determinado a estar en la escuela enfermo, será mandando a casa.

Para mas información visite www.flu.gov o llame al 1-800-CDC-INFO. Para la información más actual acerca de la gripe en nuestra comunidad y sobre lo que nuestra escuela está haciendo, visite <http://www.snohd.org>. Nosotros le notificaremos sobre cambios adicionales en la estrategia para prevenir la propagación de la gripe.

Por favor llame a la oficina de la escuela al 425-431-7766 si tiene más preguntas o dudas