

Dear GISD Community,

As we do each year, your Health Services staff is working closely with the Health Department and other agencies to monitor flu conditions and take appropriate steps as we proceed into the new school year and flu season. Your School Nurses are tracking all illnesses and monitoring these closely. We are following the lead of the CDC and no longer will refer to this new flu as swine flu but as H1N1. Any notification of confirmed flu comes to us as Type A or Type B so we are proceeding as we would during flu season with our response. We encourage everyone to check the website www.texasflu.org for current and accurate information regarding this event.

For now we are doing everything we can to keep our schools functioning as usual and care for your students and our staff in the best manner possible. We need your help.

- Review with your children to wash hands thoroughly with soap and water for at least 20 seconds, especially after coughing or sneezing. Should water not be available, use hand sanitizers properly. You can set a good example through demonstrating this for them. [www.scrubclub](http://www.scrubclub.com) is a great website for elementary students to continue to learn about germs and how to protect ourselves from illnesses in a fun, educational manner
- Do not send children to school if they are sick. Any children, who are found to be sick, after an assessment by the School RN, will be sent home. Our goal is to keep our school community as healthy as possible by excluding students appearing to have a contagious illness and sending those students home too ill to attend to the many activities of the school day. Keep your student home for at least 24 hours **after** they no longer have fever, **without** fever-reducing drugs. Aspirin type medications should not be given to children or teenagers who have flu as this can cause a rare but serious illness called Reye's syndrome.
- Continue to teach your children not to share food, drinks, or unwashed utensils, and to cover their coughs and sneezes. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of a hand when a tissue is unavailable will also help prevent spread of illness.

Please call your school should your student become ill with flu-like symptoms. The symptoms include fever (over 100), cough, sore throat, body aches, headache, and possibly vomiting or diarrhea. This will help us monitor and proceed. We will notify you of any changes to this strategy to prevent the spread of flu illnesses as we continue through the fall. We all must work together.

