

October 14, 2009

I am writing to inform you that our schools have experienced increased activity with influenza-like symptoms among our students.

H1N1 Influenza, also referred to as Swine Flu, presents symptoms such as fever accompanied by a cough or sore throat.

The Center for Disease Control recommends people with flu-like symptoms stay home or isolated until they have been fever-free for 24 hours without the use of fever-reducing medications.

School dismissal is not advised for a suspected or confirmed case of novel influenza A (H1N1) and, in general, is not advised unless there is a magnitude of staff or student absenteeism that interferes with the school's ability to function.

Students, faculty or staff with influenza-like illness should keep away from others as much as possible, stay home, and not attend school for at least 24 hours after the fever is gone.

Please refer to medical management for further guidance.

H1N1 information and updates are posted at:

<http://www.co.mchenry.il.us/departments/health/Pages/MCDHindex.aspx>

<http://cdc.gov/h1n1flu/>

Our schools will continue to promote ways to reduce the spread of influenza, including hygiene and cough etiquette.

If you have additional questions or desire more information, please refer to the websites listed above and the school districts' websites, or contact your child's school nurse.

Thank you for your continued assistance and cooperation in monitoring and addressing the health of our students.

Dan Oest, Superintendent