

H1N1 Flu and School

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Hamshire-Fannett ISD. 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 Texas Education Agency and the Texas Department of State Health Services health department to monitor flu conditions and make decisions about the best steps to take concerning our schools. We will keep you updated with new information as it becomes available.

Anyone can get the flu (even healthy people). And serious problems from the flu can happen at any age. However, children under the age of 5 years, pregnant women, people of any age with chronic medical conditions (such as pulmonary disease, including asthma, diabetes, neuromuscular disorders or heart disease), and people age 65 years and older are more likely to get complications from the flu.

If the flu becomes more severe, we may take additional steps to prevent the spread. 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 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 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 degrees 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. 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.

For more information, visit www.flu.gov for the most current information about the flu. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,
Keith Elliott
Superintendent of Schools
Hamshire-Fannett ISD