



October 8, 2009

## HILLIARD CITY SCHOOL DISTRICT

Dale A. McVey, Superintendent • Brian W. Wilson, Treasurer/CFO

Dear Parents,

Now that we are in the fall season, we wanted to inform you of important developments and information relative to influenza. We have experienced an increase in flu activity within our schools. The Centers for Disease Control and Prevention (CDC) has reported that based on their internal surveillance last week of flu cases throughout the nation as well as within central Ohio, most tested cases of Type A influenza have been the H1N1 strain. This result was not unexpected.

We are working closely with the Franklin County Board of Health to monitor flu conditions to help us make the best decisions about student health and safety. As you may know, flu can be easily spread from person to person, regardless if it is seasonal flu or the H1N1 flu. There are simple, but very effective, steps that you can implement to reduce the impact of the flu:

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand sanitizer. You can set a good example by doing this yourself on a regular basis.
- **Teach your children not to share personal items** like drinks, food, or utensils.
- **Teach your children to cover up their coughs or sneezes** using their elbow, instead of their hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 F or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some individuals may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have a fever without using fever-reducing drugs. This includes, Tylenol, Advil, and cold and flu medicine containing these products.

If your child currently has or develops flu symptoms, please call your health care provider. Students appearing to have a flu-like illness on arrival or who become ill at school will be sent to the nurse or office. If an assessment indicates a flu-like illness, the student's parent/guardian or emergency contact will be called to take the child home immediately.

**Please note that the Hilliard City School District will not send notification letters to parents for every single reported case of the flu.** The assumption by the public health agencies is that a certain level of influenza activity will exist within our community and we need to be vigilant and continue to exercise the good habits mentioned above to protect ourselves.

Federal, state, and local health officials are encouraging everyone to get their seasonal flu shot now. Children between the ages of 6 months and 18 years of age are particularly susceptible to the flu and should be vaccinated. Those same children are considered at high risk for the H1N1 flu. More details will be available in late October about H1N1 vaccinations. For information of how to care for someone who is ill visit [www.columbuspandemicflu.org](http://www.columbuspandemicflu.org) and [www.cdc.gov/h1n1](http://www.cdc.gov/h1n1).

We appreciate your cooperation and continued support.

Sincerely,

B. Andrew Riggle, Ph.D.  
Assistant Superintendent  
Hilliard City School District