

Dear Parents:

As we begin school, we should all be mindful of the next possible outbreak of H1N1 influenza. Fortunately, most people infected with this virus have had relatively mild symptoms, much like those associated with ordinary seasonal flu. Even so, we will continue to take extra precautions here at Murray Ridge School. For example, we are taking extra steps to encourage hand washing and covering the mouth when sneezing or coughing.

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 child to wash his/her hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.

Teach your child not to share personal items, such as drinks, food or unwashed utensils, and to cover his/her coughs and sneezes with tissues, or 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° Fahrenheit, 37.8° Celsius 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.

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

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.

Additionally, because of the medically fragile status of many Murray Ridge School students, we strongly encourage you to keep your Murray Ridge School student home for five days from the time that any other household member became sick with H1N1 or fever accompanied by flu-like symptoms. This will reduce the number of people who may get infected.

Murray Ridge Center will be working on prevention, armed with information from the Centers for Disease Control (CDC) and local agencies. Thank you for working with us to keep our children and school community healthy and happy.

Sincerely,

Amber L. Fisher, Dr.P.H.
Superintendent

