

Update on Swine Flu/H1N1

With the fall and winter season fast approaching, it is anticipated that the cold and flu season will also be upon us. It is expected that cases of Swine Flu will be on the rise in the next coming months. In order to reduce the number of students, faculty and staff being exposed to illnesses such as Swine Flu (and other ailments) we are asking that you carefully review the list below that has been provided by the UT County Health Dept. By keeping sick children home, the chances of spreading illnesses is greatly reduced. If your child shows any of these signs while at school, we will notify you immediately so that child can be taken home.

Please Keep Your Children Home If They Show Signs Of:

- Fever of 100 degrees or more
- Nausea, vomiting or abdominal pain
- Diarrhea-frequent, loose, watery stools
- Unusual drowsiness or tiredness
- Sore throat, acute cold or persistent cough
- Red, inflamed or discharging eyes (pink eye) must be treated with antibiotic drop/ointment for at least 24hrs before returning to school
- Swollen glands around jaws, ears or neck
- Any skin sore oozing of fluid, suspected impetigo (may have a yellow crusty discharge from sore)
- Suspected head or body lice (untreated)
- Earache
- Symptoms which may suggest an acute illness
- Runny nose (thick green/yellow discharge)
- An unexplained rash

If you would like more information about H1N1 (Swine Flu) please visit the CDC website at <http://www.cdc.gov/H1N1FLU>.

Please help reinforce sanitary habits with the children by reminding them to:

- Wash their hands often with soap (especially after using the bathroom)
- Using hand sanitizers
- Covering mouth and nose with a tissue when coughing or sneezing. If tissues not available, sneeze or cough into the shoulder or inside of the elbow.

Donations of tissues and sanitizing gels to your child's teacher is GREATLY appreciated!

If you are interested in getting vaccinated, you may visit the Utah Dept of Health's website (<http://health.utah.gov/immu/apps/flu/index.php>) and find a vaccination clinic near you.

Thank you for making our school a safe and healthy place to be!

- Robyn Shepherd R.N., School Nurse & Jackie Brinkerhoff, PTA Health Commissioner