

10-07-2009

Dear Parents/Guardians:

Millsap ISD would like to provide the following information regarding the flu and other health related topics. There have been several students who have seen a physician and been diagnosed with Type A and B Influenza. These students were treated and recovered from the illness.

In order for Millsap ISD to maintain a “safe and healthy environment”, the District requests the cooperation of everyone that will be present in the school environment to adhere to the following policy:

“the following are some reasons to keep your child home from school to prevent spreading illness to others:

*FEVER of 100.0 or higher (this should be taken without the child having fever reducing medications within the last four hours.)

*Vomiting

*Diarrhea

*Coughing that produces phlegm

*Yellow or green drainage from nose

Students with fever, vomiting or diarrhea should not return to school for at least 24 hours from the last episode. ”

Please understand that we encourage school attendance for students to be successful in their education. **But a student that is sick will not learn while at school and will only expose others (students and staff) to their illness.**

CDC Definition

The Center for Disease Control defines a case of influenza as an individual presenting with fever of 101.5 or higher and one of the following symptoms:

*Cough

*Sore Throat

*Headache

*Muscle ache

In the absence of a physician’s diagnosis or laboratory test results, individuals that present with influenza-like illness (ILI) and meet the above criteria should be managed as cases of influenza. With the new CDC recommendations, most health officials are no longer sending samples for confirmation of the H1N1 virus; but it appears that if a person tests positive for Type A influenza, those cases are being considered and treated by doctors as “presumed” H1N1 flu. **Prevention and health measures are the same no matter the type of flu, so making distinctions about types of flu is not necessary.**

Prevention and Safety Measures

Hand washing is the most effective way to prevent the spread of illness.

Wash your hands after going to the restroom, before and after eating and anytime hands are dirty or feel unclean. Wash your hands after coughing or sneezing into a tissue.

Use hand sanitizer when water and soap are not available and frequently throughout the day.

Cover your cough and sneeze with a tissue or use the bend of your arm not your hand.

When ill—stay home and only leave to go to a physician or medical facility.

Stay away from others who are ill.

Do not eat or drink after others.

Avoid touching your eyes, nose, mouth and face.

Vaccines

Contact your physician for more information about receiving the seasonal flu vaccine and the H1N1 vaccine.

Websites

The following websites are reliable, up-to-date resources on the Flu:

www.texasflu.org

www.cdc.gov/H1N1flu

www.flu.gov

www.cdc.gov/parents

Dial 2-1-1 for Flu Advice

Texans can now dial 2-1-1 to receive over-the-phone medical guidance about what they should do if they or a family member have flu symptoms. The state's 2-1-1 health information helpline is now staffed with medical professionals who can provide information about managing flu symptoms and advice on when to seek medical care from a physician or emergency room.

As always, if you have any questions or concerns please contact our District Nurse, Stephanie Bourdelais, LVN at 940-682-3111 or sbourdelais@millsapisd.net. Thank you for allowing us to educate and care for your children!

Millsap Independent School District

