

Anadarko Public Schools

To parents, students and staff of Anadarko Schools,

As you have may have heard, a case of the new H1N1 influenza virus, also known as the "swine flu", **may** have been identified within our school system. We expect that with time, additional cases **may** occur and begin to spread within the community and elsewhere in the state.

Like other flu viruses, the 2009 H1N1 influenza virus spreads from person to person mainly through coughs or sneezes of people who are ill. Sometimes people may become infected by touching something with the virus on it and then touching their mouth, nose or rubbing their eyes. People with swine flu are thought to be able to spread the infection to others for approximately seven days after becoming sick.

The most important message at this time is not new: Students and adults who are sick should NOT come to school. In particular, stay home if you have flu symptoms: fever and cough or sore throat, sometimes with runny or stuffy nose, body aches, vomiting or diarrhea. To avoid infecting others, please keep sick children at home and away from others until their fever has resolved for at least one day without the use of fever-lowering medications, like acetaminophen or ibuprofen. Make decisions about when to seek medical care as you would under normal circumstances, and if you have flu symptoms, seek care if you have a fever for three or more days and seem to be getting sicker.

Children and adults who are well and without symptoms of flu do not need to be excluded from school or work on the basis of recent travel to an area with H1N1 flu or close contact with a suspected or confirmed case of flu. However such persons should closely monitor their health and should not attend school if they develop any symptoms. If symptoms develop while at school or work, arrange to return to home immediately.

It is very important to teach our children what we all need to do to prevent spread of the virus:

Avoid close contact with people who are sick.

Cover your coughs and sneezes with the crook of your elbow or a tissue.

Wash your hands often with soap and water, especially after you cough or sneeze. If water is not near, use an alcohol-based hand sanitizer.

Try not to touch your eyes, nose, or mouth. Germs often spread this way.

We have taken steps in our school system to clean exposed areas in our buildings. We want to be proactive and have a mild flu season. Thanks for your support.