

September 10, 2009

Dear BASD Parents/Guardians:

The purpose of this letter is to provide you with information regarding the H1N1 Flu (also known or referred to as “swine” flu). This topic has been the subject of great deal of media attention. H1N1 is a newly identified influenza A virus causing illness in people worldwide. This virus is spreading from person-to-person, in much the same way that regular seasonal influenza viruses spread. For accurate information regarding H1N1, we encourage parents/guardians to refer to the following websites (available as links on the BASD website):

- **Center for Disease Control:** <http://www.cdc.gov/h1n1flu/> or <http://www.flu.gov/>
- **PA Department of Health:** <http://www.dsf.health.state.pa.us/>

Our administration, school nurses, and staff will be working together to monitor student attendance, reinforce basic hygiene practices at school, and work closely with parents of children who are ill.

Below are a few ideas that you can do to help reduce your child’s chance of illness:

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself. You are welcome to provide your children with hand sanitizer (alcohol-based) at school.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes 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.
- **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. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** You will be contacted if your child is determined to be sick while at school and your child will be sent home.

If you have questions regarding your child’s health, we encourage you to consult your family physician or the school nurse. Please continue to check our district’s website www.boyertownasd.org for updated information.

Sincerely,

Brett A. Cooper
Principal