

Dear Parent or Guardian:

I want to inform you of our plan to be proactive against the H1N1 flu this school year.

The most important action to prevent the spread of germs is for everyone to wash their hands with soap and water. The school nurse is going into classrooms to teach students the correct way to wash their hands. We stress washing between the fingers and under the fingernails. We tell the children to thoroughly wash their hands for one minute. For example, a kindergartener might sing the Happy Birthday song to themselves twice or the ABCs once while washing their hands. **Please remember: We are not using waterless hand sanitizers in elementary school.** Waterless sanitizers are not recommended for use with elementary-aged students because of the possible injury that can occur upon ingestion.

Carrollton-Farmers Branch ISD is committed to protecting all children. The teachers are including hand washing time into the school day. We need this behavior to become routine for the children.

We are also teaching the children to cough or sneeze into tissues and then wash their hands or cough or sneeze into their arm or sleeve if a tissue is not available.. H1N1 is transmitted through contact with body fluids when students cough or sneeze. Healthy habits like hand washing and sneezing into a tissue are habits that will help decrease the spread of germs.

In addition, the Center for Disease Control (CDC) recommends normal cleaning in all schools with special attention to cleaning commonly touched surfaces – door knobs, water fountains, bathroom handles. Our custodians have been instructed to clean to these areas frequently throughout the day.

I have been asked by the County Health Dept. to report daily the number of students absent at each school and the number of possible flu cases. The H1N1 flu is defined as: fever of 100 degrees or higher **with** a cough or sore throat. Other symptoms may be present. **It would help us greatly if you would call the school and let them know your child is ill and tell them if you think it might be the H1N1 flu.** Children need to stay home until they are fever free for 24 hours without using medicine for fever (Tylenol, Ibuprofen).

Please contact me or your child's school nurse if you have any questions or concerns.
Thank you,

Terri Lyons, RN
Nurse Manager
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