



HILL-MURRAY SCHOOL

BUILDING CHARACTER. EXPECTING EXCELLENCE.

September, 2009

Dear Parents,

As you know, the flu can easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu at Hill-Murray School. We want to keep the school open to students and functioning in a normal manner this school year. **But, we need your help to do this.**

- **Teach your students to wash their hands often** with soap and water or an alcohol-based hand sanitizer gel. *We have placed bottles of hand sanitizers in all classrooms, the cafeteria and the Fitness Center. Additionally, all banisters are sanitized twice daily and classroom desks are wiped down on a frequent basis.*
- **Teach your student 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 degrees Fahrenheit, 37.8 degrees 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 students at home** for at least 24 hours *after* they no longer have a fever or do not have signs of a fever, without using fever-reducing drugs. Keeping students with a fever at home will reduce the number of people who may get infected.
- **Do not send students to school if they are sick.** Any student who is determined to be sick while at school will be sent home. *Please make sure the school has updated contact information for you.*

If H1N1 proves to cause more severe illness than it did in Spring 2009, we may take additional steps to prevent the spread such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school;
- making changes to increase the space between people such as moving desks farther apart and postponing class trips; and
- dismissing students from school for at least 7 days if they become sick.

We are working closely with the Minnesota Departments of Education and Health, the school nurse from Independent School District #622, as well as the Superintendent of the Archdiocese to monitor developments related to H1N1 flu. We will keep you updated with any new information regarding Hill-Murray School's strategy to prevent the spread of influenza.

To better inform yourself, visit www.flu.gov for current information from the Center for Disease Control.