

Gold-Burg Independent School District

468 Prater Rd.
Bowie, TX 76230

September 28, 2009

Dear Parents:

Please consider the following tips from the CDC when caring for children with the flu. The information below includes good practices in regard to the H1N1 virus and flu season

- **Stay home if you or your child is sick** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of a fever-reducing medicine). Keeping sick students at home means that they keep the viruses to themselves rather than sharing with others.
- **Cover coughs and sneezes. Clean hands** with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.
- **Keep sick household members in a separate room** in the house as much as possible to limit contact with other household members who are not sick.
- **Monitor the health of the sick child and any other household members** by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit.
- **Watch for emergency warning signs** that need your urgent medical attention. These warning signs include:
 - Fast breathing or trouble breathing
 - Bluish or gray skin color
 - Not drinking enough fluids
 - Not urinating or no tears when crying
 - Severe or persistent vomiting
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Flu-like symptoms improve but then return with fever and worse cough
- **Check with your doctor about any special care** needed for household members who may be at a higher risk for complications from flu (children under 5, pregnant women, people of any age who have chronic medical conditions such as asthma, diabetes, or heart disease, and people 65 and over).

Serving Ringgold and Stoneburg

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- **Have the sick household member wear a facemask** – if available and tolerable – when sharing common spaces with other household member to help prevent spreading the virus to others.
- **Ask your doctor about antiviral medicines or fever-reducing medicines** for sick household members. Do not give aspirin to children or teenagers.
- **Make sure sick household members get plenty of rest and drink clear fluids** (such as water, broth, sports drink, electrolyte beverages for infants) to keep from being dehydrated.

Parents may take the following action steps to protect your child and family from the flu this year:

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine).
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

(from CDC website: *Preparing for the Flu (A Communication Toolkit for Schools)*)

We monitor the latest health related updates from the state. Our maintenance and custodial personnel are taking extra precautions to disinfect all classrooms, restrooms, and doorknobs on the campus. Please help us by asking your children to take extra precautions such as not eating or drinking after anyone else and washing their hands often. If your child shows symptoms of any type of influenza, please refer to the tips above. For more details, please consult the Center for Disease Control link at www.cdc.gov/swineflu where there are postings in English and Spanish. Gold-Burg ISD will continue to monitor the situation closely. We appreciate your support and understanding at this time.

Sincerely,



Kenny Miller, Superintendent
Gold-Burg Independent School District

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