

April 30, 2009

Dear Parents/Guardians,

I write you this letter in regards to the WHO recent phase level of 5 with respect to the Swine flu. A phase level 5 means that a pandemic is imminent. There is no need for panic, but I do hope that you give this matter great consideration and respect. This is to be taken seriously.

At your child's school, we are taking steps to mitigate the spread of the flu virus. These steps include but are not limited to disinfecting desks, door handles, lockers and stalls on a regular basis throughout the day. We are also educating students on proper flu precautions and encouraging multiple uses throughout the day of hand sanitizers and hand washing.

Part of protecting your family is to use the following precautions:

- Do not send your child to school if they are sick. If your child has any of the signs and symptoms of the flu (headache, fever over 100.4, sore throat, cough, aches, lethargy, nausea, vomiting, diarrhea) they must stay home. A child should not return to school until they are fever free for 24 hours without medication and also for 10 days after the onset of symptoms.
- We recommend you see your Doctor and also you must let the school know if your child has the above symptoms and what action is being taken.
- Wash your hands with soap and water often. A good rule of thumb is to wash your hands while singing Happy Birthday twice. You may also use alcohol-based hand sanitizers (at least 60% alcohol). Rub into your hands until dry. Have your children do the same over and over throughout the day. Cough/Sneeze into a tissue, throw it away and wash your hands or cough/sneeze into the bend of your arm. Be aware of your actions.
- Clean toys, tables, household surfaces, phones, etc. with disinfectant regularly.
- Wash bed sheets and towels with laundry detergent in hot water. Don't "bug" the laundry as you take it to the washing machine and wash your hands after handling dirty laundry.
- Stay away from sick people. If someone is coughing, remove yourself and your child from that person.
- Never under any circumstances give your child an aspirin containing product due to the risk of Reye's syndrome.
- Go online, watch television and stay alert of the latest happenings. Educate yourself. www.cdc.gov, www.pandemicflu.gov, <http://www.who.int/en/>
- Anti-virals, Tamiflu and Relenza are effective and need to be started within 48 hours of onset of symptoms.

Please use this letter as a rough guide and learn everything you can to protect your family and yourself. Attached you will find a checklist to prepare for a pandemic.

If I can be of any help, please contact me. Thank you for your help in this matter.

Sincerely,


Rebecca Clark, RN, BSN
School Nurse (rebecca.clark@esc9.net)



Pandemic Flu Planning

Checklist for Individuals & Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the current behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.



3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups<input type="checkbox"/> Protein or fruit bars<input type="checkbox"/> Dry cereal or granola<input type="checkbox"/> Peanut butter or nuts<input type="checkbox"/> Dried Fruit<input type="checkbox"/> Crackers<input type="checkbox"/> Canned juices<input type="checkbox"/> Bottled water<input type="checkbox"/> Canned or jarred baby food and formula<input type="checkbox"/> Pet food<input type="checkbox"/> Other nonperishable foods	<ul style="list-style-type: none"><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment<input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen<input type="checkbox"/> Thermometer<input type="checkbox"/> Anti-diarrheal medication<input type="checkbox"/> Vitamins<input type="checkbox"/> Fluids with electrolytes<input type="checkbox"/> Cleansing agent/soap<input type="checkbox"/> Flashlight<input type="checkbox"/> Batteries<input type="checkbox"/> Portable radio<input type="checkbox"/> Manual can opener<input type="checkbox"/> Garbage bags<input type="checkbox"/> Tissues, toilet paper, disposable diapers

PandemicFlu.gov

AvianFlu.gov