

TO: CCSD Parents

FROM: Dr. Nancy J. McGinley



DATE: August 21, 2009

Dr. Nancy J. McGinley
Superintendent of Schools

SUBJECT: SEASONAL AND H1N1 (“SWINE”) FLU

Dear Parent:

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I hope this letter finds you well after a successful beginning to the 2009-2010 school year. As students return to the classroom and enter a new flu season, let us work together—parents and schools—to prevent and control the spread of the flu (both seasonal and the Swine Flu (also known as H1N1)). The federal guidance on what families, students and school personnel can do to keep from getting sick and spreading the flu is very clear, and it boils down to four major steps:

- **Follow good “hand hygiene”**—wash your hands often with soap and water, especially after coughing or sneezing. Wash your hands for 30 seconds (kids can sing the “alphabet song” while washing their hands). Alcohol-based hand cleaners are also very 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.
- **Know what signs and symptoms to look for (i.e. high fever, nausea, body aches, diarrhea), and keep your children home if they’re sick.** Children should stay home for at least 24 hours after their fever has gone away, without the help of fever-reducing medicines.
- Finally, we encourage everyone to **get a seasonal flu vaccine** and the H1N1 vaccine when it becomes available.

All of us—students, staff and families—must take personal responsibility for helping to prevent the spread of the virus by practicing these basic steps. Please **call your healthcare provider or contact your school nurse immediately** if you suspect that your child may have a serious flu infection. For more information, call the DHEC flu information line at 953-0095, or visit www.ccsdschools.com.

Thank you for helping us to keep your child safe, healthy, and learning.