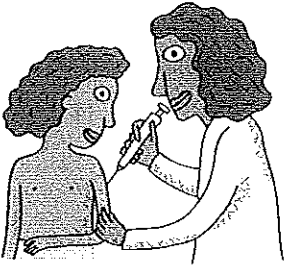


A word about H1N1 flu (swine flu):

There is expected to be another increase in cases of H1N1 flu (swine flu) this fall.



Physicians are recommending that all children ages 6 months to 24 years be vaccinated for the H1N1 virus as well as the regular flu shot this season. Please ask your doctor for details.

Because the H1N1 virus is very contagious and spreads rapidly from person to person, the school is going to closely adhere to public health guidelines and send sick children home. Please have a plan for transporting your child home if he/she becomes sick while at school. They cannot stay at school and risk infecting other students.

Parents: please do not send children to school who were sick the previous night. A child must be free from illness for 24 hours before returning to school.

Also, it is very important that you phone the school and report your child's symptoms. The school nurse will be closely monitoring the absences for flu and reporting these numbers (not your child's name) to the health department. With your cooperation, we hope to keep the children, families and staff at Hammitt School Healthy!



When to keep your child home from School:

SYMPTOM	Keep your child home if:
FEVER	They have had a fever over 100 degrees. A child must be fever free for 24 hours without using Tylenol before returning to school.
STOMACH ACHE	They have had episodes of vomiting or diarrhea within the last 24 hours.
SORE THROAT	They have tender, swollen glands, difficulty swallowing and appear to be ill.
COUGH	They cough frequently, cough up phlegm, or the cough sounds like a bark or is accompanied by a sore throat or wheezing.

A child must be kept home at least 24 hours after a fever and 24 hours after starting antibiotics.

How to protect your family from the flu:

The best prevention from the flu comes from the flu vaccine. The vaccine is now recommended for all children ages 6 months to 24 years; see your doctor or Health Department for more information.

With or without a flu shot, you can take steps to help protect your family from the flu and other viruses.

Practice good hygiene

Good hygiene remains your primary defense against contagious illnesses.

- Wash your hands thoroughly and often with soap and water
- Avoid touching your eyes, nose or mouth whenever possible.
- Avoid crowds when the flu is most prevalent in your area.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Take off your shoes before entering your home
- Regularly clean surfaces of your home including light switches, telephones and door handles.