

Rising Sun School Corporation
Rising Sun, Indiana (812)438-2655

10/9/09

Dear Parents/Guardians,

This letter is to inform you that multiple cases of flu have been reported at school with one confirmed case of the new influenza A virus. The Indiana State Department of Health (ISDH) recommends infection with this virus should be treated like any other influenza. Most health care professionals are not making the determination between Type A flu virus (H1N1) and Type B flu virus (seasonal) because treatment is generally the same regardless of the type of flu. The school system is following the same recommendations from the Centers for Disease Control for all students with flu, regardless of the type.

Symptoms of Type A flu (H1N1) and Type B (seasonal) are very similar and include: fever, sore throat, cough, headache, body aches, and fatigue. Some people who have contracted this new flu strain also have reported runny nose, nausea, vomiting, and diarrhea.

We need all parents to keep ill children at home. Children who are sick **with a fever of 100 degrees or more**, cough, sore throat, or body aches should stay home. They need to stay home until they are fever free for 24 hours without the use of fever reducing medication and longer if symptoms persist. They must be symptom free for 24 hours before returning to school.

Individuals with underlying chronic health conditions, such as asthma, diabetes, or heart disease may be at higher risk of more serious infection. If you think your child is at higher risk, check with his/her doctor.

Students and staff members who become ill while at school will be sent home. Students must be picked up from school and will not be permitted to ride the bus home.

If the number of students who develop flu symptoms at school increases, your child may be asked to wear a simple face mask while waiting to be picked up to try to decrease the spread of the flu virus.

State Health Officials Recommend several simple, but effective, measures to keep healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth to prevent spreading germs.
- Avoid close contact with sick people.
- **Stay home, anyone with flu like symptoms should stay home and out of public places.**

For additional questions, contact the school nurse, your local health department, or your physician.

Steve Patz
Superintendent

Jamie Works, RN
School Nurse

Regina Crouch, RN
Ohio County Health Nurse