

CHARLESTON

Community Unit School District

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September 24th, 2009

Dear Parent,

We are working closely with the Illinois State Board of Education and the Coles County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available. There have been cases of H1N1 flu in Coles County; however no one has been hospitalized because of H1N1. Flu vaccinations are available through your physician or the Coles County Health Department and various flu clinics held throughout the community.

As you know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in all Charleston CUSD#1 schools. We expect to keep all schools open to students and functioning in a normal manner during this flu season. But, we need your help to do this.

Here are a few things you can do to help.

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils.
- Teach your children to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Children sick with vomiting or diarrhea need to stay home until 24 hours after last episode. Keeping children with a fever at home will reduce the number of people who may get infected.
- Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.

We are working closely with the Coles County Health Department and Illinois State Board of Education to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community visit the Coles County Health Department web site at www.co.coles.il.us/cchd/index.html.

A 1st-rate public education for a caring community!