

Moscow School District 281

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To Parents and Guardians of All Students in the Moscow School District:

As many of you may already be aware, we have a fairly new strain of influenza present in many communities nationwide known as the H1N1 virus or the swine flu. Steps are currently being taken to have a vaccination available early this fall to help combat a possible outbreak. At this time it is unknown about the quantity and availability we will see of this vaccine, but as information becomes available I will make it available to you. I also recommend that each of you take an active role by staying informed through the media as information becomes available. An informative Website for the most up to date information is www.flu.gov. In the meantime I highly encourage you and all members of your household get an annual flu shot to combat the influenza strain that we commonly see each school year. This vaccine is usually made available in mid-October.

As we begin a new school year, I would ask each of you to do your part in keeping our school community as healthy as possible. There are a couple of important points I want to emphasize to help fulfill this goal. It is of greatest importance that you keep your sick child home. If your child is running a fever greater than 100 degrees Fahrenheit, they **cannot** be at school. He/she must remain in your care at home until he/she has been fever free (without the use of fever reducing medication) for 24 hours prior to returning to school. Other symptoms to be aware of are sore throat, runny or stuffy nose, body aches, headache, and fatigue. Occasionally you might see some nausea, vomiting, and diarrhea. I also encourage frequent hand washing with soap and warm water. The use of hand sanitizer is acceptable when hand washing facilities are not available. Using a tissue to cover a cough or a sneeze is most effective but when not available encourage use of an elbow or a sleeve instead of their hand. I really like to encourage children to limit the use of classmates' personal items especially sharing drinks or eating utensils. Of course a healthy diet (including breakfast) and at least eight to ten hours of sleep nightly help keep your child's immune system at its best.

I will continue to keep you informed as new information comes to me. I am working with our local Health Department to give you the most up-to-date information that is available.

Thank you,

Beth Papineau, RN
Moscow School District