



September 3, 2009

Dear Parent/Guardian,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in BISD. We want to keep the campuses open to students and functioning in a normal manner during this flu season. We need your help to do this. We are working closely with the local 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. We are doing everything we can to keep our schools functioning as usual. Here are a few things you can do to help:

- ***Please inform your child's campus by 10 am each day that your child is home ill with flu-like symptoms.*** We are working with our local health department in tracking flu in our community and in our school district.
- **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 un-washed utensils.
- **Teach your children to cover their coughs and sneezes** with tissues or to use their 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. 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.

For more information, click here or visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu