

Estacada School District
255 NE 6th Avenue
Estacada, Oregon 97023

October 6, 2009

Dear Parents,

This letter is to let you know that we are seeing scattered cases of influenza-like illnesses in our schools. The H1N1 flu, formerly known as the Swine Flu, arrived in Oregon in April of 2009. The flu continues to circulate in our community, but we are not seeing any evidence of widespread outbreaks. There are steps that you can take to keep your family healthy and prevent the spread of the flu.

The H1N1 flu virus spreads easily from person to person. Public Health Officials want people to protect themselves against **all** flu viruses. Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching objects hosting flu virus and then touching their mouths or noses.

Here are some ways to protect your family:

- Be sure that you and your children get both the seasonal flu and the new H1N1 (swine flu) vaccine. This is the most important action to prevent flu infection.
- Teach your children to wash their hands thoroughly and frequently with soap and water for at least 20 seconds. Be sure to set a good example by doing this yourself. Hands should always be washed:
 - a. Before eating or drinking
 - b. After coughing, sneezing, or using facial tissues.
 - c. After using the toilet or changing diapers.
 - d. Before touching your face, especially before touching your eyes or nose.
- Teach your children to cover coughs and sneezes with tissues and to cough into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick. This means at least three “giant steps” away.
- Teach your children not share food, drink, or other personal items (such as lipstick) with others.
- Keep sick children at home. Do not send them to school. If they become sick at school, you will be called and asked to pick them up immediately. Make sure your emergency phone numbers are up to date. Plan now for sick childcare.
- **DO NOT GIVE ANY ASPIRIN.** Aspirin given to children with influenza has been linked to a very dangerous disease, Reye’s Syndrome.
- **People who are sick should stay home from work or school and stay away from other people until they are free of fever for 24 hours (without the use of fever reducing medications like acetaminophen and ibuprofen) and are feeling better.**
- The following link is a Red Cross handout called the “Home Care for Pandemic Flu”
<http://w3.mesd.k12.or.us/comm/H1N1/H1N1Info.shtml>

If you have any questions, please contact your family healthcare provider, Clackamas County Health at 1-800-978-3040, or the CDC 24 hour hotline at 1-800-232-4636