

Dear Parents,

As you may know, flu season is upon us. In order to keep school children as healthy as possible, please consider the following actions that will help reduce the spread of flu – both seasonal and H1N1 (formerly called Swine Flu) – in the Clovis Municipal School system:

- **Teach your children to wash their hands** often with soap and water for at least thirty seconds – have them sing their ABC's while washing. An alcohol-based hand rub can be used in the absence of soap and water. Set a good example by doing this yourself.
- **Teach your children appropriate respiratory hygiene** by showing them how to cover their coughs and/or sneezes using their elbow, arm or sleeve instead of their hand when they don't have a tissue, and remember to do this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils.
- **Teach your children to avoid touching** their eyes, nose or mouth and remember to do this yourself.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you do not have a thermometer to measure a temperature, a person may have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.
- **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 the flu. **Avoid contact** with other sick people.
- **Talk with your doctor about the flu vaccine.** It is recommended that most school-aged children get both the regular seasonal flu vaccine and the H1N1 vaccine (when it becomes available) this fall.
- Clovis Municipal Schools **will be conducting school-based seasonal flu vaccine clinics sometime during the month of October.** Please check your child's weekly folder (elementary students) or your home mailbox (secondary students) for information and a consent form that must be completed and signed by a parent or guardian and returned promptly in order for your child to be vaccinated at school. If you do not wish for your child to participate in the school-based vaccination clinic please return the form with the appropriate box checked.

We are looking forward to a happy, healthy school year! Thank you for your being our partner in this endeavor. If you have questions or concerns, please contact Rhonda Sparks, Director of Health Services, at 575-935-0011.