

October 20, 2009

Dear Parents and Community Members:

As you are aware, news about the H1N1 virus has been in the media quite frequently over the past several weeks. We wanted to provide you with some information and resources to help you understand the nature of the H1N1 virus and the precautions we are taking at Community High School to respond to this issue.

According to the CDC, the H1N1 is a new flu virus that is spread from person-to-person in the same manner that regular seasonal flu viruses are spread. Like the seasonal flu, symptoms of H1N1 flu include fever, coughing and/or sore throat, runny or stuffy nose, headaches and/or body aches, chills, and fatigue. Additional symptoms may include vomiting and diarrhea. The illness associated with H1N1 varies from individual to individual and has ranged from mild to severe.

The Center for Disease Control (CDC) has recently distributed new flu guidance to schools. This guidance applies to any flu virus *including* the H1N1 flu and has been supported by the DuPage County Health Department. The guidelines recommended by both organizations include

- **Practice good hand hygiene by washing your hands often**
- **Know the signs and symptoms of the flu**
- **Stay home if you are sick until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever reducing medication).**
- **Cover your nose and mouth when coughing or sneezing**
- **Do not share eating utensils or drinking containers**
- **Get your family vaccinated**

At Community High School, we are working to make sure that the school environment is as safe as possible for your son/daughter to attend. To that end, we have instituted some new procedures that include

- Cleaning and disinfecting of "high touch areas" on a nightly basis
- Monitoring of student and staff absenteeism due to flu like symptoms
- Submission of attendance data on a daily basis to the DuPage County Health Department
- Continual reminders to students and staff regarding good hygiene

While our attendance records show that we have had both students and staff absent for flu-like symptoms, our absenteeism rate is lower than average for this time of year and there have been no confirmed cases of H1N1 flu to date.

If you would like more information regarding the H1N1 virus and/or recommended guidelines for school and home please feel free to visit the following websites or contact us at 630-876-6300.

www.cdc.gov
www.flu.gov
www.dupagehealth.org
www.protectdupage.org

Sincerely,

Moses Cheng
Principal