



# FAYETTE COUNTY BOARD OF EDUCATION

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## INFLUENZA UPDATE

August 21, 2009

Dear Parent or Guardian:

The typical flu season is from October through May; however, the flu is already in the state of Georgia and our community. This week we have had many students with flu symptoms who have been sent home and several confirmed positive by health care providers for the flu. There are many different flu viruses. Novel H1N1 Virus is a new and very different flu virus that is spreading worldwide among people. H1N1 Virus may cause a lot more people to get sick than during a regular flu season. School-age children are among the groups most affected. **BOTH seasonal flu and Novel H1N1 Virus spreads the SAME from person to person through the coughs and sneezes of people who are sick with the flu. Seasonal flu and the Novel H1N1 Virus have the SAME SYMPTOMS. The symptoms include FEVER AND sore throat, body aches, cough, runny nose, or extreme fatigue. Other symptoms may include headache, chills, diarrhea and/or vomiting.**

We are continuing to work closely with the Fayette County Health Department to monitor flu conditions in our communities and make decisions about the best steps to take at school. **At all our Fayette County Schools we continue to follow steps to prevent the spread of flu within our schools.**

The Fayette County School System is doing everything possible to keep our schools functioning as usual, but **we need your help to do this.**

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub.
- **Teach your children not to share personal items** like drinks, food and utensils, and to cover their coughs and sneezes with tissues or use their sleeve when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include a fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache and feeling tired. Some people may also vomit or have diarrhea. **If one household member has flu symptoms, the rest of the family is more likely to develop symptoms.**
- **DO NOT SEND YOUR CHILD TO SCHOOL SICK. KEEP YOUR SICK CHILD HOME** for at least 24 hours **AFTER** they no longer have a fever, or do not have signs of fever, **WITHOUT** using fever-reducing medications. Any children who are determined to be sick while at school will be sent home.

For more information, visit [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO for the most current information about the flu. If your child becomes sick or you have concerns, please call your healthcare provider.

Sincerely,

Debbie King, RN  
School Health Services Coordinator