

**Date: September 14, 2009**

**TO: Parents/Guardians of District 508 Students  
District 508 Staff**

**FROM: Jeff Olson, Superintendent of Schools**

**RE: Information on H1N1 Flu Prevention**

**As you know, flu can be easily spread from person to person. Therefore we are taking steps to reduce the spread of flu in the Saint Peter Public Schools.**

**Please share the following information with your students on a regular basis:**

- 1. Wash hands with soap and water or an alcohol-based hand rub;**
- 2. Don't share personal items like drinks, food or unwashed utensils;**
- 3. Cover coughs and sneezes;**
- 4. Know the signs and symptoms of the flu – (fever of 100 degrees or greater, cough, sore throat, runny or stuffy nose, body aches, headache, and feeling very tired); and**
- 5. Stay home when sick – Note: Any children who are determined to be sick while at school will be sent home.**

**We continue to stay in close contact with officials from the Nicollet County Public Health Department in order to monitor flu conditions and make decisions about the steps to take if there is an H1N1 flu outbreak.**

**We will keep you updated with new information as it becomes available.**

# Influenza-like Illness Symptom Screening Tool for Parents and Caregivers

Parents and caregivers should use the following questionnaire to assess the health status of their child on a daily basis.

## Does your child have:

1. Fever (100° F or greater)?  Yes  No  
(take temperature before giving fever reducing medicine)
2. Sore Throat?  Yes  No
3. Cough?  Yes  No



## SHOULD I KEEP MY CHILD HOME?

- If you checked yes to fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's healthcare provider.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider's recommendation and school policy for when to return to school.

## WHAT SHOULD I TELL MY CHILD'S SCHOOL?

- If you checked "yes" for fever AND one of the other symptoms, tell your child's attendance office that your child is home with influenza-like illness.
- If your child has been diagnosed by a healthcare provider with a different disease, such as strep, tell your child's attendance office.
- No personal information about your child, including your child's name, will be shared outside of the school.

For more information and on-going updates 651-201-5414 or 1-877-676-5414 or go to the MDH website at: [www.health.state.mn.us](http://www.health.state.mn.us)



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