



MARSHALL PUBLIC SCHOOLS

A Rich Tradition of Excellence

September 17, 2009

Dear Parent,

As you may know, flu can be spread very easily from person to person. Therefore, we are taking steps to reduce the spread of flu in the Marshall Public Schools. We want to keep the school open to students and functioning in a normal manner during this flu season. **However, we need your help to do this.**

We are working closely with the Calhoun County Health Department and Oaklawn Hospital to monitor flu conditions for both seasonal flu and the H1N1 (swine) flu, and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

During staff meetings in all our buildings, our School Nurse discussed steps teachers and all staff can take to help prevent the spread of flu in the District. She also attended class meetings at the High School and Middle School and discussed with the students the importance of frequent hand washing, covering up coughs and sneezes, not sharing food or drinks and staying home with flu symptoms, especially if one has a fever over 100°F.

Here is what you can do to help prevent the spread of flu:

- **Get yourself and children vaccinated against both seasonal flu (available now) and 2009 H1N1 flu (available mid-October).** Contact your local health provider or local health department to get yourself, children and other family members vaccinated.
- **Teach and remind your children to wash their hands** with soap and water for 20 seconds or the time it takes to sing the happy birthday song twice. An alcohol based hand sanitizer can also be used. You can set a good example by doing this yourself. You may send a personal size container of hand sanitizer for your child to use in school.
- **Teach your child not to share personal items** like drinks, food or utensils.
- **Teach your child to cover up their coughs and sneezes** with a tissue or using their arm, elbow or sleeve instead of their hand.



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- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever of 100°F or greater, cough, sore throat, runny or stuffy nose, body aches, headache and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have a fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **When calling the school to report your child is sick**, please let us know what symptoms, (especially fever, sore throat or cough), your child has. This information will help us determine if absences may be related to the H1N1 flu.
- **Do not send children to school if they are sick.** Any child who is determined to be sick while at school will be sent home.

For more information, please see the enclosed fact sheets for parents and visit www.michigan.gov/flu and www.flu.gov for the most current information about the flu.

Sincerely,

Dr. Randall K. Davis
Superintendent

Susan Boley, RN
School Nurse