

Kemp ISD
905 S. Main St.
Kemp, TX 75143

The purpose of this letter is to remind our parents that flu season is fast approaching and swine/H1N1 flu season continues. Here at Kemp, our efforts to maintain a clean and safe environment for our students and staff are on-going. The Centers for Disease Control (CDC) is still encouraging individuals with flu-like symptoms to remain home and/or visit their health care provider.

Seasonal flu symptoms include: **fever, cough, sore throat, body aches, headache, chills and fatigue**. Some individuals with *swine/H1N1 flu* also report **runny nose, nausea, vomiting and diarrhea**.

Both seasonal flu and swine flu can vary from mild to severe. It is passed from person to person through droplets (coughing, sneezing) or by touching contaminated surfaces and then touching eyes, nose, or mouth. Studies have shown that the flu virus can survive on various surfaces for 2 to 8 hours, thus causing infection.

Good health habits, like covering your cough and **washing your hands** often, can help stop the spread of germs and prevent respiratory illnesses like the flu. The following recommendations are from the CDC and Kemp ISD:

- Use soap and water to **wash hands frequently** or use an alcohol-based hand cleaner if hand washing facilities are not available.
- Assist young children with hand washing. Teach them to wash their hands for 15-20 seconds (long enough to sing "Happy Birthday" two times).
- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your mouth and nose with a tissue when coughing or sneezing, and dispose of the tissue in a waste basket.
- Clean frequently touched surfaces, toys, and commonly shared items at least once daily.
- **If anyone in your household or your care has flu-like symptoms, they should see a doctor right away.**
- **The CDC recommends that any individual with flu like symptoms stay home until fever free for at least 24 hours.**
- Report any illness to your child's school nurse.

Questions and Answers

Q: How long can an infected person spread this virus to others?

A: *From 1 day before getting sick until 7 days after symptoms develop*

Q: When will the H1N1 vaccine be available?

A: *Possibly mid October 2009*

Q: Can you get both flu vaccines at the same time?

A: *If available, Yes*