

Collinsville Unit School District # 10  
Recommendations for Parents regarding Flu and H1N1

Dear Parents,

In order to comply with the recommendations of the Center for Disease Control and Illinois Department of Public Health, we would like to inform parents of the Collinsville School District about prevention measures regarding influenza. As with all communicable diseases, prevention is the best defense. In order to limit the spread of influenza-like illnesses, proper hand hygiene and respiratory etiquette are imperative. In addition, limiting contact with others during periods of illness is necessary.

*Hand Hygiene:*

Wash hands frequently with soap and water. Hand sanitizer is recommended in the absence of soap and water. It is also recommended to use hand sanitizer as often as possible throughout your daily routine.

*Respiratory Etiquette:*

It is recommended to cover a cough or sneeze with a tissue, shirt sleeve, or bend of elbow. Wash hands or use hand sanitizer immediately after coughing, sneezing, or blowing nose.

*Stay home when ill:*

Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever (greater 100 degrees) without the use of fever-reducing medicines. Students should stay home for the 24 hours after fever even if taking antiviral medications. Please report any illness to your school nurse or principal. A doctor's note regarding absence or permission to return to school is recommended.

*Early treatment of high-risk student:*

People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medication is very important for people at high risk. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.

**Practicing the three Cs is an easy way to remember active prevention:**

**Clean** your hands frequently with soap and water or hand sanitizer

**Cover** your cough or sneeze with a tissue or sleeve

**Contain** your germs by staying home if you are ill.

*Vaccinate:*

It is also strongly recommended to have your child vaccinated against seasonal flu and H1N1 influenza viruses. Vaccinations are the most effective way to protect your children, and their classmates, from these potentially serious illnesses.

You can keep your family informed about the flu at [www.ready.illinois.gov](http://www.ready.illinois.gov) or [www.flu.gov](http://www.flu.gov).

Collinsville Unit School District # 10 Health Staff