

**MINOOKA
COMMUNITY
HIGH SCHOOL
DISTRICT 111**



October 20, 2009

Dear MCHS Family,

We are writing to inform you of a health issue that continues to receive considerable attention in the media and is understandably a concern for parents. MCHS has no laboratory-confirmed cases of the H1N1 flu at this time. Like most schools, we are seeing an increase in parents reporting students with flu-like illnesses and positive Flu A test results. While this letter is written to provide information and advice on flu-like symptoms in general, know that we are carefully monitoring all reports of absence due to flu in the event that a case of H1N1 is diagnosed, and we are reviewing and modifying procedures in conjunction with health department recommendations.

If your child exhibits flu-like symptoms, please keep him/her home from school until he/she is fever-free for 24 hours without Tylenol, Motrin, or other fever-reducing medications, or until symptoms subside. If you are in doubt regarding any symptoms, your child may have, please call your primary care physician.

MCHS has remained engaged in a school sanitation program that includes components recommended by the Grundy County and Will County Health Departments and the Center for Disease Control. We are also working to raise overall community awareness of the importance of appropriate preventive measures to limit the spread of viruses and bacteria. Some general, good practices are listed in the following paragraph for your convenience and reference.

The flu viruses are spread through droplets from coughing and sneezing. At home, you and your family can help prevent the spread of viruses following good hygiene practices, including:

- Washing hands thoroughly with soap and water or using an alcohol-based hand sanitizer
- Covering your mouth and nose with a tissue or a shirt sleeve when you cough or sneeze
- Avoiding contact with your nose or eyes
- Refraining from sharing drinks and foods with other students

While practicing these habits can help to reduce the probability of contracting the flu, it is important that you are aware of the symptoms of flu, which may include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

Health situations such as this can cause anxiety for children and parents. As parents and educators, we want to protect our children and ensure their safety. If you are interested in learning more about the flu, please visit www.flu.gov.

Sincerely,

David Middleton, Ph.D.
Superintendent

Bob Williams
Principal