

There are two types of influenza (flu) to be concerned about this year. The first type is the seasonal flu that occurs every fall and winter. The second type is the novel H1N1 flu (swine flu) virus that began last spring. The novel H1N1 flu has caused mild to severe illness and hospitalizations in both adults and children. Because children do not have immunity to this virus, they have been most affected and are considered at high risk of infection.

There are many things we can do to keep our schools open and functioning in a normal manner this school year. We need your help to do this. The Centers for Disease Control and Prevention (CDC) recommends that you get your child and yourself vaccinated against both seasonal and novel H1N1 flu. If you suspect your child is getting or has the flu, **it is important that they do not attend school.** Both types of flu viruses spread easily. If your child is sick, keep them home for at least 24 hours after they are free of fever, without fever reducing medication.

Teach your child how to reduce their risk of getting and spreading flu viruses by:

- Washing their hands often. Wash with soap and hot water for at least 20 seconds.
- Using hand sanitizer. Sanitizing stations are located throughout the school.
- Coughing or sneezing into their sleeve or elbow—not their hands!
- Not touching their eyes, nose or mouth. Germs are spread that way.