



Western Beaver County School District

Robert H. Postupac, Superintendent

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Date: September 17, 2009

Subject: H1N1 Virus (Swine Flu)

Welcome to a new school year. During the summer, there has been much information about the H1N1 virus. The district is working with the Health Department, the Center for Disease Control (CDC), and our school nurses, Mrs. Gailey and Mrs. Robison to evaluate the risks of illness among our students and staff. The CDC recommends that students and staff with flu-like illness stay home at least 24 hours after they no longer have a fever or signs of a fever. The 24-hour period with no fever must be without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). This is recommended because students who are sick with the flu and come to school may act as a point of spread and can then easily spread the flu to other students and their families. So far, with the 2009 H1N1 flu, the largest number of cases has been in people between the ages of 5 and 24 years of age.

Therefore, students and staff are encouraged to remain home when they are ill with flu-like symptoms. If your child is absent from school with flu-like symptoms (fever, coughing and/or sneezing along with a sore throat) that you contact the school your child attends to report the absence. This will allow the district to monitor the number of potential absences related to flu-like symptoms.

We will also be encouraging everyone to practice good hand hygiene by washing their hands often with soap and water for at least 20 seconds (the time it takes to sing "Happy Birthday" twice), especially after coughing and sneezing. Hand sanitizer will also be available to our students and staff. The main way that flu spreads is from person to person in the droplets produced by coughs and sneezes, so we will remind students to cover their mouth and nose with a tissue when coughing or sneezing. Please help us keep everyone well by reminding your children of these important hygiene practices.

There will soon be information on our district website with more information about this virus. On October 1, 2009, we will be updating our website. The district encourages you to visit our new website to access additional information at www.westernbeaver.org.

We all need to take personal responsibility for helping to slow the spread of this virus. Please do not send your child to school with a fever that is accompanied by a cough or sneezing and sore throat. Please remind your child to cover his/her mouth and nose when coughing and sneezing with a tissue and to throw all tissues in a trash can. Make sure your child stays home until they have been fever-free without fever reducing medicine for at least 24 hours. We appreciate your assistance and cooperation.

Sincerely,

Robert H. Postupac

enclosure