

PUEBLO COUNTY SCHOOL DISTRICT 70
PARENT
INFLUENZA CONTAINMENT
GUIDELINES

Based on the recent confirmation of H1N1 Influenza A virus in Colorado, please be watching for signs and symptoms of this virus in your Home. H1N1 Influenza A and seasonal Influenza have similar symptoms, which include the following:

- fever
- lethargy
- headache
- body aches
- cough
- sore throat
- may experience diarrhea and/or vomiting

If your child has or is suspected to have a **FEVER**, AND ANY OF THE ABOVE SYMPTOMS, please keep your child at home. If your child arrives at the school with any of these symptoms or generates any of these symptoms while at school, you will be contacted immediately to come and get your child and take them home. It is important to note that your immediate cooperation will be expected for the well being of your child and the children at the school. After you have picked up your child please contact your family physician for further advice.

It is important for all of your family members to participate in all prevention strategies such as:

- Routine hand-washing. Typically for a duration of 20 seconds, (the time it takes to sing the ABC song)
- Cover coughs and sneezes with a tissue or by coughing or sneezing into your elbow
- Avoid others with respiratory illness
- Stay at home if you have mild-flu like illness. This is regardless of travel history.

Please take note that the Influenza H1N1 (Swine) and seasonal Influenza are both occurring in Colorado at this time. Both flu viruses have a wide range of potentials, but in the United States thus far, H1N1 cases have generally been mild in nature and resemble typical flu symptoms. Use good judgment, calm thinking and common sense to respond to health issues with your children.

Currently there are no plans to close schools, but in the event that the District finds it necessary, it will be important for you to have a plan for your children. This may or may not include day care supports, meals and health care supplies needed for you and your children to stay at home. If such an event occurs please listen to local radio and television stations for regular updates about your child's school.

Please stay informed! <http://cdc.gov/swineflu> is an excellent source of information, and covers many questions and concerns related to schools, and http://www.cdc.gov/swineflu/key_facts.htm has excellent key facts regarding swine Influenza A.