

Dear Parents,

If we all practice good hygiene, we can limit the spread of H1N1 flu in our school at this time. However if your child does become ill (whether from exposure at school, in the home, during travel, from afterschool activities or play), please keep the following in mind.

- Children with chronic health problems such as asthma, diabetes, heart disease, metabolic conditions, neurologic and neuromuscular disorders, or who are pregnant are at higher risk of having complications from flu. Parents of children at high risk may wish to take special precautions including contacting their doctor immediately if their child is sick. This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.

Take appropriate precautions in your home to keep family members from getting sick. The CDC has guidance at <http://www.cdc.gov/h1n1flu/sick.htm>