



August 24, 2009

Dear Parents of Students in Littleton Public Schools,

This is written to update you regarding expectations and planning in Littleton Public Schools (LPS) related to H1N1 virus (Swine Flu) concerns. We have been working with Tri County Health Department regarding our planning for any necessary response and want to be sure that you have this information. What follows is current guidance from the Center for Disease Control (CDC) and Tri County Health. We hope that this letter will help address any concerns that you have.

We are asking for your help in making sure that our students are healthy when they attend school and that they stay home when they are sick. We urge you to develop a plan should your child become ill and need to be kept home from school.

Health authorities are predicting that more people will likely become ill from the H1N1 virus (swine flu) than in a typical influenza season. In light of this, direction from Tri County Health and CDC is for a student to be kept at home if they have symptoms of influenza-like illness such as a fever, cough and/or sore throat. Keep your student at home for at least 24 hours after their fever is gone without fever reducing medications. A fever is defined as 100° F.

If a student comes to school or school activities with these symptoms, he or she will be sent home. If a parent or guardian cannot be reached, the student will be kept apart from others until they can be sent home and then should remain at home as described above. If you have any concerns about your child's health, please consult your medical provider.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as the mall, activities with other students or adults, or sporting events—where other people would be exposed to flu germs. It is also important to teach your child how to reduce their risk of getting the flu and protect others from infection. Please be sure your child knows to:

- **Clean hands frequently.** Washing with soap and water for at least 20 seconds is ideal.
- **Use hand sanitizer** if hand washing facilities are unavailable. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol.
- **Cover coughs and sneezes** with tissues or by coughing into the inside of the elbow. Cough or sneeze into your sleeve, not your hands!
- **Learn these healthy habits** by setting a good example and always doing them yourself.

We are working with Tri County Health officials regarding prevention strategies and ongoing monitoring efforts. At the present time, health authorities are generally not recommending school closures unless there are not enough staff available to operate effectively. We will also be working with Tri County Health regarding immunization clinics for the H1N1 influenza vaccine that will be available sometime in mid October. You may get additional information at www.tchd.org, www.cdphe.state.co.us, or www.cdc.gov/h1n1flu/.

As a District we take health, safety and well being of our students and staff very seriously. Let's all work together to implement the above guidelines to the greatest extent possible.

Thank you.

Sincerely,

A handwritten signature in black ink, appearing to read "Lucinda Hundley".

Lucinda Hundley
Assistant Superintendent of Student Support Services