



PIMA COUNTY HEALTH DEPARTMENT  
COMMUNICABLE DISEASE PREVENTION, SUITE 1340  
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Dear Parents:

The novel H1N1 flu continues to circulate at **Fruythendler** with an increase in the rate of absenteeism. Previously, we sent messages to alert you that more flu is expected this year and urged you to take steps to protect yourselves and your children from infection. We encourage you to continue to follow that guidance.

Keep your child out of school for at least 24 hours after his/her fever breaks and do not allow them to return to school if they continue to feel ill. Some students are returning too soon and are absent again a day or two later.

Again, the following measures will go a long way toward protecting your family's health in this flu season:

- ▶ **Have your children wash their hands** often with soap and water or an alcohol-based hand rub that has at least 60% alcohol. You can set a good example by doing this yourself.
- ▶ **Remind your children to cover coughs and sneezes** with tissues or by coughing into the inside of the elbow.
- ▶ **Remind your children not to share personal items** like drinks, food or unwashed utensils.
- ▶ **Know the signs and symptoms of the flu.** Symptoms of the flu include fever of at least 100 degrees Fahrenheit or 37.8 degrees Celsius, cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- ▶ **Remind your children to stay 6 feet away** from people who are coughing.
- ▶ **Do not send children to school if they are sick.** Any children who come to school sick or become sick while at school *will be sent home*.
- ▶ **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- ▶ **Get the seasonal flu vaccine for all eligible family members! In addition, when the novel H1N1 vaccine becomes available, ask your healthcare provider if it is recommended for your family!**

Sincerely,

Michelle McDonald, M.D.  
Chief Medical Officer