

October 2009

Dear Parent/Guardian:

With the recent coverage of H1N1 in our local media, we felt it was important to share with our families the pertinent information from the Center for Disease Control "CDC" regarding this Type A Influenza Virus (H1N1). This memorandum is informational and does not preclude the need to seek the advice of your family physician if a family member becomes ill.

The letter provides information for this virus, signs and symptoms, advice on how to protect against the virus, and what to do if a family suspects that a member may have some of the warning signs.

Recommended steps to protect against an exposure include:


- Covering the nose and mouth with a tissue when coughing or sneezing. The tissue should always be thrown away after use.
- Hands should be washed often with soap and water, especially after coughing and sneezing.
- Avoid touching eyes, nose or mouths as germs spread this way.
- Avoid close contact with sick people.
- If you or a family member becomes ill, the CDC recommends that the sick person stay home from work or school and limits contact with others to keep from infecting others.

If a family member becomes ill and experiences any of the following warning signs, seek emergency medical care. Warning signs may include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or interacting
- Being so irritable that a child does not want to be held
- Flu like symptoms with a fever and bad cough
- Fever with a rash
- Confusion
- Dizziness
- Pain or pressure in the chest or abdomen
- Vomiting or diarrhea

For further information, please visit the CDC website at <http://www.cdc.gov/h1n1flu/>. As always, the health and safety of our families is first and foremost in our learning community.

Sincerely,


Gineen O'Neil, Ed. D.
Executive Director

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