



## HEALTH SERVICES

### RICHARDSON INDEPENDENT SCHOOL DISTRICT

*Unlock Potential ~ Provide Opportunities ~ Enable Dreams*

August 24, 2009

Dear Richardson ISD Parents/Guardians,

Due to the anticipated occurrence of H1N1 (swine) flu cases this fall, we wanted to take this opportunity to review with you the signs and symptoms of influenza, the need to report your child's influenza like illness as soon as possible, as well as our guidelines on exclusion from school for students who exhibit these symptoms.

#### **1. Signs/Symptoms of Influenza**

- **Fever of 100.0°F ( 37.8°C) or higher**
- **Cough or Sore throat**

Other symptoms may also include:

- Body/muscle aches
- Headache
- Runny or stuffy nose, sneezing
- Nausea/Vomiting/Diarrhea

#### **2. Reporting a Child's Absence**

It is critical that you as a parent call the school to report your child's absence along with the signs and symptoms to assist us in keeping our schools as healthy as possible. You must always send a note to the school regarding any absence.

#### **3. Exclusion Guidelines**

According to the Centers for Disease Control (CDC), students who experience a fever over 100°F and a cough or sore throat should be excluded from school until 24 hours after the fever has resolved without the help of fever reducing medication. Please understand the importance of keeping these students out of school in order to slow the spread of the illness to other students and staff on the campus. **Please do NOT send a student with these symptoms to school.** Giving a fever-reducing medication may make your child feel better and help their fever go down for a few hours, but it will not stop or prevent the spread of illness to others if they return to school before they are well.

Thank you for your understanding and cooperation in managing this important health issue. If you have questions regarding the symptoms of influenza or about exclusion guidelines, please contact your school nurse.

Gloria Canham RN, MSN

RISD Director of Health Services