



St. Therese of Jesus Catholic School

September 17, 2009

Dear parents/guardians:

Now that Fall is coming closer, we need to discuss the H1N1 flu virus, otherwise known as Swine Flu. This flu virus is still in Illinois and is expected to spread during the upcoming flu season. Here are some facts about the H1N1 virus:

- Usually, it is no more dangerous than regular flu viruses, but it can occasionally cause severe problems. Children, pregnant women, and the elderly are more likely to have problems with the virus.
- It is spread just like regular flu, through contact with surfaces (doorknobs, counters, etc.) that have been contaminated through sneezing or coughing by someone already infected.
- Symptoms include a fever of 100 degrees or higher plus one of the following: sore throat, coughing, runny nose, body aches, headache, chills, and fatigue.
- A vaccine will not be available until some time in October at the earliest.
- The Center for Disease Control (CDC) does **not** recommend that a school close because of multiple cases of H1N1 virus.

We need to work together to prevent the spread of this virus. We have increased our regular cleaning, including disinfecting doorknobs, desks, and stair railings more often. Also, we will send home any student or employee who has a fever or similar symptoms. However, we also need your help!

- If your child is sick, please keep him/her home.
- If your child has a fever, please do not bring him/her to school until 24 hours **after** the fever is gone without the help of drugs like Tylenol.
- Get flu shots for your entire family. Although the H1N1 vaccine won't be available for a while, the currently available flu shots will help prevent the regular flu, which has many of the same symptoms.
- If you think your child has the flu, please call your pediatrician and explain the situation.
- If your pediatrician says your child has the H1N1 virus, please call the school immediately.

If you have any questions, please contact us at (630) 898-0620. Thank you.

Sincerely,

Bill O'Dea
Principal