

## IMPORTANT

Parents, we have had our first confirmed cases of H1N1 at the Academy. Please be alert to the symptoms and take the precautions we have advised earlier. Please do not send your child to school if he or she is sick., especially if a fever is present.

We are doing everything we can to avoid a widespread outbreak, but we do need your help. Below is a reminder of the symptoms and recommended action should symptoms appear:

**What is H1N1 flu?** H1N1 flu (“swine flu”) is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

### **How can I protect myself and others from H1N1 flu?**

Don’t get too close to people who are sick. If you get sick yourself, avoid close contact with other people. Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleanser.

### **What should I do if I develop flu-like symptoms, such as fever and cough?**

Stay home from school or work and call your health care provider or the LMU-DCOM Department of Outpatient Services at 423-869-7193. You *don’t* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

### **When do I need medicine for the flu?**

Most people recover without medication, but some people are more likely to get severely ill with the flu. Those at risk include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes. If you belong to one of these groups and you get come down with symptoms of flu, call your health care provider right away to get a prescription. If you belong to one of these groups and you have close contact with someone who has the flu, call your health care provider right away to get a prescription.

### **When should I go to the emergency room or hospital?**

You *don’t* need to go the hospital or emergency room unless you have severe symptoms. Severe symptoms include: trouble breathing or shortness of breath (rapid breathing in children); pain or pressure in the chest or stomach; bluish skin color; dizziness or confusion; increasing fever; vomiting that won’t stop.

We understand that many health providers are not seeing patients who have flu symptoms; we will therefore accept a parent note indicating flu. We are not recommending that students try to do work while they are ill. We will take care of the makeup work when they return to school.

**Please help us avoid unnecessary absences in case we get into a situation where students need to miss several days due to illness.** Students need to be here if they are healthy. They may need the days later. Thank you for your cooperation. If we work together, we can keep this situation manageable.