

To: West High Parents/Guardians  
From: Superintendent's Office



RE: **Presumed Cases of H1N1 Influenza**

We have been notified of two **presumed cases** of H1N1 influenza at West High School. Even though these cases are within the same family and are not confirmed cases, we know that H1N1 influenza is in our community and we will see cases. I want to assure you that we have been and continue to take steps to keep our students and staff healthy, including taking extra precautions in the cleaning and sanitizing of the building and making hand sanitizer available throughout our buildings.

Below you will find information on H1N1 and what you can do as a parent. If you have any questions contact Rita Watts, 336-5014, or visit the Scott County Health Department's website at [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health).

- **Know the symptoms of influenza:**
  - Fever (100 degrees Fahrenheit or above)
  - Body aches
  - Headache
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Feeling very tired
  - Some people may vomit or have diarrhea.
- **Do not send sick children to school.** Influenza spreads very easily.
  - Please stay alert for the symptoms of influenza in your family.
  - Any child who becomes sick at school will be sent home.
  - Call us to let us know if your child is sick and please provide us with two symptoms your child is experiencing.
  - You should begin to plan how you will provide care for your sick child if you are not able to stay home with them.
- **Children returning to school.**
  - Children cannot have a fever, or be using fever lowering medicine, (like Tylenol or ibuprofen) for 24 hours before they return to school.
    - The Centers for Disease Control (CDC) recommends that aspirin never be given to children under 19 years to reduce a fever.
    - The CDC also recommends that cough and cold medicines not be given to children under age 6 years.
  - Children will likely be absent from school for 3-5 days and maybe longer.
  - Do not bring your child back to school before the child has fully recovered.
- **There are other things you can do.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it.
  - If tissues are not available, cough into your sleeve or elbow.
  - Wash your hands often with soap and water for at least 20 seconds, especially after you cough or sneeze. Use an alcohol-based hand sanitizer when soap and water are not available.
  - Avoid touching your eyes, nose or mouth; germs spread that way.
  - Try to avoid close contact with sick people.