

WESTON PUBLIC SCHOOLS
H1N1 Influenza Update
May 27, 2009

Dear Parents and Staff;

Today, we received notification of a confirmed case of H1N1 influenza. The student attends Weston Middle School. The student is at home under medical care. We are seeing an increase of flu-like illness in our schools and it is anticipated there will be more confirmed cases of seasonal and H1N1 influenza in our community. Fortunately, the signs and symptoms of H1N1 have been typically mild and people in our nearby communities have had a full recovery.

These are current State of CT Department of Public Health (CT DPH) and the Center for Disease Control and Prevention (CDC) guidelines for preventing and spreading any disease:

- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Wash your hands** often 5-6 x/day with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. **You should be encouraging students to do this as well.**
- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- Try to **avoid close contact with sick people.**
- **Stay home if you are sick** for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.
- **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.

The signs and symptoms of influenza are:

- High fever (103-104 F)
- Cough
- Headache
- Body aches
- Sore throat
- Vomiting

The district nurses have been seeing an increase in flu-like symptoms in our schools and have been following the protocol of:

- Assessing for above signs and symptoms
- Dismissing students with above signs and symptoms
- Referring the student to their health care provider
- Following up with student absences

For current information, please check our web site: www.westonk12-ct.org.

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Superintendent
Weston Public Schools