

May 1, 2009

UNITED STATES DEPARTMENT OF EDUCATION
BLUE RIBBON SCHOOLS OF EXCELLENCE

James B. Conant High School
William Fremd High School
Hoffman Estates High School
Palatine High School
Schaumburg High School

ALTERNATIVE SCHOOLS
District 211 Academy-North
District 211 Academy-South



Dear Parents:

This letter provides additional information about what Township High School District 211 is doing to respond to the increasing number of reports of the H1N1 virus (swine flu) in the Chicago area. First and foremost, let me reassure you that there have not been any confirmed cases within District 211 schools. However, in order to be prepared for any potential impact on the District 211 community, the District continues to work closely with our school nurses to monitor the latest information from the Centers for Disease Control and Prevention (CDC).

In order to help prevent the spread of the flu virus, we ask that you continue to practice the following good health measures and to encourage those around you to implement them throughout the day.

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Alcohol-based hand cleaners also are effective to prevent the spread of germs.
- Avoid close contact with people who are sick.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- When you are sick, keep your distance from others to protect them from getting sick.
- If you believe you have flu symptoms, stay home from work, school, and errands.
- If you have flu symptoms, and you've recently been to a high-risk area such as Mexico, see your doctor.

Please keep your child home if he or she becomes sick with flu-like symptoms and notify your school's attendance office regarding your child's absence and the nature of the illness. The symptoms of the H1N1 virus are similar to the symptoms of the regular flu virus and may include fever, cough, sore throat, body aches, headache, chills, fatigue, and difficulty breathing. Some people have reported diarrhea and vomiting associated with the H1N1 virus. Please contact your health care provider if your child has symptoms consistent with influenza. Additional information on the H1N1 virus can be found on the District 211 and school web sites, as well as by accessing the following health links:

<http://www.cdc.gov/swineflu/mitigation.htm>

http://www.idph.state.il.us/flu/swine_flu_mex.htm

If District 211 learns of a suspected or confirmed case of the H1N1 virus within the District, we will consult closely with local health officials to determine whether cancellations are indicated. If cancellations are necessary to help prevent the spread of the virus, cancellations could include all classes during the school day and all extra-curricular activities such as sporting events, clubs, trips, and other after-school activities. If school or related activities are cancelled, we will keep the community informed via the District and school web sites, local newspapers, and television and radio stations.

Sincerely,

Nancy N. Robb
Superintendent of Schools