



Office of the
Superintendent

North East Independent School District

8961 TESORO DRIVE - SAN ANTONIO, TEXAS 78217

Dear North East ISD Parent/Guardian,

North East ISD is preparing now for an active influenza season. We want to keep our schools open to students and functioning in a normal manner during this flu season.

We are working closely with the San Antonio Metropolitan Health District to monitor flu conditions, including H1N1 cases. Let me assure you that the health and well-being of our students is our top priority, and we are doing everything possible to monitor this public health situation and limit the spread of influenza. **But, we need your help to do this.**

- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school will be sent home. It is important to plan now in case your child becomes ill.
- **Teach your children to wash their hands** often with soap and water or use hand sanitizer, like the Kleenhanz towelettes supplied in all NEISD classrooms. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils.
- **Teach your children to** cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.

Our school nurses will closely monitor flu-like symptoms in our schools and talk with our students about hand washing and covering coughs/sneezes. We will send home any students or staff members who are showing flu-like symptoms and recommend they visit a medical provider.

For more information, visit www.flu.gov, www.sanantonio.gov/HEALTH/SwineFlu.html, or call 1-800-CDC-INFO. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,

Richard A. Middleton
Superintendent of Schools