



North East Independent School District

8961 TESORO DRIVE - SAN ANTONIO, TEXAS 78217

Dear NEISD Parent/Guardian:

The district is sending this letter to keep you informed of developments concerning the H1N1 (swine flu) influenza. The Centers for Disease Control (CDC) issued new guidelines for school districts in August and the San Antonio Metropolitan Health District met recently with local school districts to coordinate a plan for H1N1 and the traditional flu season.

Both the CDC and Metro Health expect the majority of schools will have students that experience influenza-like illness (ILI). Persons between the ages of 5 and 24 years are among the most susceptible to infection with the H1N1 virus. Because this flu strain is widespread in our local community and throughout the U.S., neither the CDC nor Metro Health is tracking individual confirmed cases of H1N1. Instead, they are encouraging schools to take steps to reduce the spread of all types of respiratory illness. That means that specific notification to schools about positive H1N1 cases will not take place this school year as it did last school year when this pandemic first emerged and the impact of the illness was unknown. Therefore, the district will not be sending letters home if a student becomes ill with the flu, whether seasonal or H1N1.

Federal, state and local health officials are strongly urging everyone to take preventive action to reduce the spread of disease and to keep schools open during the flu season. District staff has received training on identifying students who may be ill with flu-like symptoms and what actions to take to limit exposure to other students. The CDC and Metro Health are also advising parents to plan now for the possibility that their child may become ill and must stay home.

Let me assure you that the health and well-being of our students is our top priority, and we are working closely with Metro Health to limit the spread of influenza. **But, we need your help to do this. Please take the steps below to help keep your student healthy.**

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 their 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 (Tylenol, Advil, Motrin, Aleve). Keeping children with a fever or continued symptoms such as frequent coughing at home will reduce the number of people who may get infected.

If your child is sent home from school, we encourage you to consult with your medical provider, especially if the symptoms are severe or your child has an underlying health condition. If you have any further questions, call your school clinic or Metro Health Flu Hotline at 210-207-5779.

Sincerely,

A handwritten signature in black ink that reads "Richard A. Middleton". The signature is written in a cursive style with a large initial 'R'.

Richard A. Middleton
Superintendent of Schools