

October 9, 2009

Dear Parents, Staff, and Community Members,

Local physicians have reported that flu is on the rise in our community. Lockhart ISD continues to monitor flu-like illness in our school district and will immediately notify parents should a severe outbreak occur.

According to the Centers of Disease Control (CDC) most cases of flu this season will be caused by the H1N1 virus and those who become ill with the flu are experiencing mild to moderate symptoms at this time. These symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and perhaps vomiting and diarrhea. Should you or your child start experiencing these symptoms, please take the following steps: avoid contact with others, stay home if ill or fever is present, and contact your physician's office for medical advice.

We strongly encourage parents to keep their students home if they have flu-like symptoms and/or a fever greater than 100 degrees. Students who are identified as having fever during the school day are being sent home with their parent or guardian, and are instructed not to return **until they are fever-free for 24 hours without the use of fever reducing medications (such as Tylenol).**

Students who are out of school due to flu-like illnesses are being screened upon re-admission to school for symptoms of disease. If your child is not feeling well and/or has a fever before the school day begins, please keep him/her home.

District staff continues to emphasize with students the importance of good hygiene measures (hand washing, covering cough and sneezes). In addition, the district continues to frequently clean commonly used surfaces at each campus throughout each school day.

The Center of Disease Control (CDC) and the Texas Department of State Health Services (TDSHS) both recommend that students, parents and staff keep informed and consider being immunized for the annual seasonal flu and the H1N1 virus. Our district is working with our local health department and will be offering these immunizations in the upcoming months. More information about the availability of flu shots and the vaccines will be sent to parents as soon as available. Web sites to stay informed of flu are <http://www.cdc.gov/flu/> and <http://www.dshs.state.tx.us/txflu/default.shtm> .