

Alden-Hebron Community Consolidated Unit Schools

DISTRICT NO. 19 - HEBRON, ILLINOIS 60034

ELEMENTARY SCHOOL
11915 Price Road
815 648-2971

DISTRICT ADMINISTRATIVE OFFICE
9604 Illinois Street
815 648-2886
Fax: 815/648-2339

MIDDLE/HIGH SCHOOL
9604 Illinois Street
815 648-2442

October 20, 2009

Dear Parents/Guardians:

As you may know, the flu can easily spread from person to person. District #19 is taking steps to reduce the spread of the seasonal flu and the H1N1 flu. We are working closely with the McHenry County Department of Health to monitor flu conditions. The nurse and health clerk are conducting fever and symptom screening of students and staff who are ill. Any parent who calls the school stating that their child has a fever of 100 degrees or above will need to speak with the nurse or the health clerk. Parents will also be asked if their student has a cough, sore throat, runny or stuffy nose, body aches or fatigue. A daily report is sent to Health Department listing symptoms of illnesses, NOT student names. If a student is already at school and becomes ill with a fever combined with another symptom from the above list, the student will be isolated from other students until someone is able to pick them up from school.

Although environmental cleaning is not the primary focus of influenza prevention, District #19 is proactive in the cleaning of its schools. Areas that students and staff touch frequently are routinely cleaned with an EPA approved germicide product.

District #19 is taking steps to reduce the spread of the flu. Below are a few things you can do to help:

Please keep your child home if he/she has a respiratory illness with a fever of 100 degrees and recent onset of one of the following:

- Nasal congestion
- Sore throat
- Cough

The new CDC guidelines recommend staying home for at least 24 hours after the fever is gone. The fever must be gone without the use of fever-reducing medication.

Other steps that can be taken to reduce the risk of acquiring the flu are as follows:

- Try to stay in good health.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious foods.
- **Avoid close contact with people who are sick.**
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Cough into your elbow.
- Wash your hands with soap and water, especially when you cough or sneeze. Avoid touching your eyes, nose or mouth. If you or your child becomes ill with influenza, stay home until you are fever free for at least 24 hours.

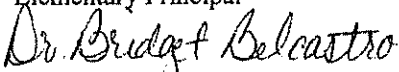
Remember the flu is spread from person to person through coughing and/or sneezing. For further information please go to the CDC website at: www.cdc.gov/swineflu or www.idph.state.il.us.

Sincerely,



Kim Qualls

Elementary Principal



Dr. Bridget Belcastro

MS/HS Principal



Dr. Debbie Ehlenburg

Superintendent