

October 16, 2009

Dear School Families,

Neosho School is notifying parents that we have our first confirmed case of the H1N1 influenza virus. As you may know, H1N1 can be easily spread from person to person. We need your help to prevent the spread of the H1N1 virus.

Symptoms of H1N1 are similar to the regular seasonal influenza and include fever, respiratory difficulty, coughing, lethargy and sore throat. Some people are reporting additional symptoms of: runny nose, nausea, vomiting and diarrhea. Adults and children should take these precautions to reduce the spread of H1N1:

- Do not send children to school when they are ill, especially if they display the above H1N1/seasonal flu symptoms.
- Before returning to school, students should be fever free for 24 hours without the use of any over the counter medications.
- Cough and sneeze into your shirt sleeve. Always wash your hands if you have coughed or sneezed into them. Wash hands with soap and water or an alcohol-based hand cleaner.
- Whenever possible, avoid touching nose, mouth and eyes to reduce the spread of germs.
- Do not share water bottles, food utensils, beverage containers or other personal items.
- Contact your doctor as soon as possible to follow up if you or your children become ill with the symptoms described above
- For more information go to:
 - <http://www.cdc.gov/swineflu>
 - <http://www.pandemic.wisconsin.gov>
 - <http://dpi.wi.gov/sspw/pandemicflu.html>

Please do not hesitate to contact me if you have questions about the H1N1 Flu and whether or not to send your child to school.

Sincerely,

James J. Rice
District Administrator