



6300 Alderson Street
Weston WI 54476-3908

Phone (715) 359-4221 Fax (715) 359-2056

Kristine A. Gilmore, Ed.D.
Superintendent

Thomas R. Owens, Ph.D.
Assistant Superintendent
Business/Personnel Services

Lois M. Alt, Ed.D.
Assistant Superintendent
Curriculum, Instruction & Technology

September 2009

Dear Parents, Staff, Students and Community:

As we enter the 2009-2010 school year, cases of H1N1 (Swine flu) virus persist in Marathon County. School and public health officials believe the virus may become more prevalent. We need the help of parents and the community to keep our children safe and healthy. We can all become prepared by:

Understanding the symptoms of H1N1 Influenza:

- Fever 100 degrees or higher.
- Coughing, runny nose.
- Sore throat.

Taking everyday actions to stay healthy:

- Cover your nose and mouth when coughing and/or sneezing.
- Wash your hands often or use alcohol-based hand sanitizers.
- Avoid contact with persons who are sick.

Practicing good health hygiene to protect others:

- Stay home from work, school and activities with fever 100 degrees or higher and a cough or sore throat until the fever is gone for 24 hours without taking fever-reducing medications.
- Teach and model cough etiquette – cough into your sleeve or elbow. Coughing/sneezing spreads H1N1 person-to-person.
- Routinely clean visibly soiled surfaces.

Understanding what parents need to do to help reduce the spread of the virus:

- Accurately report your child's illness – list all the symptoms.
- Consider vaccinating your family with the seasonal influenza vaccine and H1N1 flu shots.
- Develop a plan for sick-child care and update schools with current phone numbers.

Understanding what the school is doing to help reduce the spread of the virus:

- Students with a fever over 100 degrees, a sore throat and/or a cough will be sent home.
- Students and staff with symptoms may be required to wear a surgical mask until they leave the school.
- Encourage hand washing and/or use of hand sanitizers.
- Routine daily cleaning by custodial staff using standard disinfecting products.

Some people are at great risk of complications from H1N1 influenza. If you have specific concerns about a child's exposure to H1N1 while attending school, please contact your health care provider for advice.

Persons are contagious one (1) day before the symptoms start and until the fever is gone for 24 hours without the use of fever-reducing medications.

Revised information statements will be posted at <http://www.dce.k12.wi.us> and/or attached to the newsletters.

Thank you for working with us to keep our children safe and healthy.


Dr. Kristine A. Gilmore
Superintendent


Roxie Kenitzer, RN-BSN
School Nurse

Resource sites:

<http://www.cdc.gov/flu/protect/habits.htm>

http://www.cdc.gov/swineflu/swineflu_you.htm

http://www.cdc.gov/h1n1flu/guidance_homecare.htm