



EDMONDS SCHOOL DISTRICT

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Nick J. Brossoit, Ed. D.
Superintendent

Includes Brier, Edmonds, Lynnwood, Mountlake Terrace and Woodway

September 2009

Dear Edmonds School District Parents and Guardians,

We wanted you to have this important information during the first week of school so that you are prepared for the upcoming flu season.

The state has provided information about how to keep yourself and your students healthy, what to do if your students are ill, and when students who become ill can return to school. To reinforce this message:

1. Hand hygiene/washing your hands with soap and warm water frequently, especially after using the bathroom, sneezing or coughing, or before eating is the best way to prevent the flu.
2. If an individual is ill, **stay home for the duration of the illness. An individual can return to school 24 hours after a fever (100 degrees or higher) has passed, without the use of fever-reducing medicine.**
3. Make a plan for what to do when your student or a family member is ill and needs to be at home.
4. Please do not let concerns about students missing assignments prevent you from taking these important steps. Your school's principal and staff will be more than willing to work with you on a plan for your child to get assignments or make up missed work. Working together, we can all stay healthier!

New guidelines may be released if the influenza outbreak becomes more severe. In an effort to provide our community with the most appropriate response to influenza, our district aligns our procedures with Snohomish Health District, Office of Superintendent of Public Instruction, Washington State Department of Health, and the Center for Disease Control (CDC).

Recent regional events have been in the media that have involved our community being exposed to the H1N1 virus. If you find that you or a family member may have attended an event where H1N1 was identified, be aware that the CDC estimates that the incubation period is 1-7 days and more likely 1-4 days; reports from ill individuals in our community are that they become ill very quickly (1-2 days).


Updates will be available on the district website at www.edmonds.wednet.edu.

Any critical information will go out to families in hardcopy or by phone messages.

If you have any questions about influenza, please consult with your student's school nurse.

Thank you for doing your part in keeping our students and community healthy.

Nick Brossoit



Superintendent

• OUR MISSION •

To ADVOCATE for all students by PROVIDING a learning environment which EMPOWERS students, staff and the community to MAXIMIZE their personal, creative and academic potential in order to BECOME lifelong learners and responsible world citizens.



STATE OF WASHINGTON
Olympia, Washington 98504

August 2009

**Superintendent of Public Instruction and Secretary of Health
Encourage Families to Help Prevent the Spread of H1N1 Swine Flu**

The health of our children is very important to all of us. You've probably heard about the H1N1 (swine flu) virus that first appeared last spring. It's a public health concern we're taking very seriously. The Washington State Department of Health, the Office of Superintendent of Public Instruction, local health agencies, and school districts around the state are working together to prepare for the potential impact of this new flu on families and schools.

We're tracking and monitoring this new virus very closely, so we're prepared to do everything we can to keep people healthy. As the school year begins, we want to make sure parents and guardians have the information you need to understand and get ready for this upcoming flu season.

One of the most important things you can do to stop the spread of germs is keep children at home if they're sick. Children should stay home from school at least 24 hours after their fever has passed (without the use of fever-reducing medicine).

Things You Can Do to Prevent the Flu

Wash your hands: wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

Cover your cough: cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.

Flu shots: get your family vaccinated for **both** seasonal flu and H1N1 flu (when vaccines are available).

Make a Plan:

Plan for childcare at home if your child gets sick or their school is dismissed. Many families around the country are creating "childcare co-ops" with friends and neighbors. These trusted friends and family work together to share the responsibility of caring for sick children. If you have children with asthma or other medical conditions that put them at higher risk for the flu, talk to your health care provider now about a plan to protect them during the flu season.

More Information:

Office of Superintendent of Public Instruction: School planning efforts and current information on dismissals – <http://www.k12.wa.us/HealthServices/H1N1Flu.aspx>

Washington State Department of Health: Health information about H1N1 including current information, more on symptoms, and other resources in English and other languages – <http://www.doh.wa.gov/swineflu/>

Local public health: To find information from your local public health agency – <http://www.doh.wa.gov/LHJMap/LHJMap.htm>

We hope these tips help keep you and your family healthy this year!

Randy I. Dorn
State Superintendent of Public Instruction

Mary C. Selecky, Secretary
Washington State Department of Health

