



May 1, 2009

Dear Central Valley School District Families,

Many of us are hearing information regarding the H1N1 swine flu infection that is occurring in Mexico, the United States and other parts of the world. The Centers for Disease Control and Prevention (CDC) has determined that this flu is contagious and is spreading from human to human. Local public health officials are working closely with state and federal health authorities to monitor the situation and take action as necessary.

In the Central Valley School District, we too have been closely monitoring the situation since it came to national attention last weekend. Although there are no cases of swine flu in our district at this time, we have been reviewing our district's pandemic influenza plan and have asked our teachers to re-teach proper hand washing, coughing and sneezing procedures with students. Our school custodians are increasing the frequency with which they wipe common surfaces such as doorknobs and countertops with disinfectant solution. Our bus drivers are taking similar action. We have created a 'H1N1 Swine Influenza' page on our district website (cvsd.org) where we will post updated information for Central Valley parents as the situation changes. And, we will continue to work closely with the public health experts at the Spokane Regional Health District.

To minimize the risk of exposure in our schools, **we ask you to keep sick children at home and report any flu-like illness to your school. Any children who become sick while at school will be sent home.** We are also reminding our staff to stay at home if they are ill.

Public health officials want you to protect yourself and your family against the possibility of H1N1 swine flu. Here are some ways to stop the spread of germs and sickness and for taking care of your family.

- **STAY AT HOME if you or your child has symptoms of illness.** If someone in your home is sick with flu-like symptoms including a fever greater than 100⁰F, sore throat, cough, stuffy nose, chills, headache, body aches and fatigue, contact your health care provider.
- **Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow or shoulder.** Be sure they know to place their used tissues into a waste bin.
- **Wash hands often and thoroughly.** Teach and/or remind your children to wash their hands vigorously with soap and water for 20 seconds. Soap and water is always best, but most alcohol-based sanitizers are effective if soap and water are not available. Use a paper towel to turn off water and to open the restroom door when in public places.
- **Avoid contact with sick people.** Stay at least three feet away from people who are sick.
- **Avoid touching eyes, nose or mouth and shaking hands with others when possible.**
- **Avoid touching surfaces frequently touched by others.** This may include doorknobs, light switches, telephones, water faucets, countertops, television remote controls, etc.

Please check with your health care provider if you have questions about H1N1 swine flu. You can stay up-to-date on current conditions by visiting cdc.gov, doh.wa.gov or srhd.org. As always, your school principal is available to respond to any concerns and questions.

Sincerely,

Ben C. Small
Superintendent