

April 30, 2009

Dear Parents:

As you are aware, national, state, and county health departments are on alert concerning the spread of swine flu (H1N1). The Cache County School District has and will continue to work closely with the Bear River Health Department to keep your children safe. H1N1 symptoms may include a fever, body aches, cough, sore throat, trouble breathing, runny nose, vomiting, and diarrhea.

We have asked school principals to be aware of students who are absent from school with flu-like symptoms, have traveled out of the country, or have been in states where H1N1 has been identified. We will encourage your children to wash their hands often and participate in proper respiratory etiquette. Our staff will keep counters and desk tops sanitized. We will follow our pandemic protocol which is part of our county and district emergency preparedness plan.

If your child is sick, please keep your student home. Please contact your student's school if your child is experiencing any of the H1N1 symptoms (fever, body aches, cough, sore throat, trouble breathing, runny nose, vomiting, or diarrhea). If the school calls to report your student has become sick while at school, please make timely arrangements to pick-up your student from school.

The Center of Disease Control (CDC) has suggested the following actions we can all take to stay healthy:

- Practice proper respiratory etiquette by covering your nose and mouth with a tissue when coughing or sneezing and by appropriately disposing of the tissue.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching eyes, nose, or mouth. Germs spread this way.
- Avoid contact with sick people. H1N1 is spread through person-to-person contact.

You can find additional information at [www.CDC.gov/swineflu](http://www.CDC.gov/swineflu) or [www.Utah.Health.gov](http://www.Utah.Health.gov). You can reach the Bear River Health Department at 792-6500 or 716-8771, from 7:00 a.m.-6:00 p.m., seven days a week or call the Health Department Information Hotline at 211, which is available in English or Spanish.

The Cache County School District is committed to providing a safe environment for students, teachers, and staff.

Sincerely,

Dr. Steven C. Norton  
Superintendent of Schools

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