



# Cumberland Christian Academy

Christian Education that Transforms Heart, Soul, and Mind

## Update for parents regarding H1N1 (Swine) Flu

Dear Parents:

Most likely you have heard news reports about the influenza A H1N1 virus also known as "swine flu." We want to share some basic information with you about how Cumberland Christian Academy is preparing and responding and what you can do to protect your family's health. The most up-to-date information and recommendations about H1N1 flu is available at the Center for Disease Control's website: <http://www.cdc.gov/h1n1flu/>.

### **What is H1N1 flu?**

H1N1 flu is a respiratory illness that is caused by a Type A influenza virus. Symptoms are similar to regular flu and may include fever (sometimes over 102°F), dry cough, sore throat, stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. It is thought to spread from person to person through the coughs and sneezes of people who are sick with influenza. People may also get sick by touching something with flu viruses on it and then touching their mouth or nose. People with flu may be able to infect others from 1 day before getting sick to 5-7 days after.

### **What should I do if my child has signs or symptoms of influenza?**

*Keep them home.* It is important that a child with flu symptoms stays home, rests, and drinks plenty of fluids. Please do not give children fever-reducing medication and send them to school. (Never give aspirin to children or teens that have fever and/or flu-like symptoms because of the risk of Reye syndrome.) Your child should not return to school until at least 24 hours after their fever is gone (without the use of fever-reducing medicine.) A fever is defined as 100°F. Consult your doctor as needed.

### **What is CCA doing to prevent the spread of influenza?**

The school is encouraging staff and students to practice good hygiene, including frequent hand washing. We encourage students to use hand sanitizer with 60% alcohol content in situations where hand washing facilities are not immediately available.

### **CDC Guidelines for Influenza Prevention**

The new recommendations emphasize the importance of the basic foundations of influenza prevention:

- ◆ Stay home when sick.
- ◆ Wash hands frequently with soap and water.
- ◆ Cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available) and dispose of used tissues in the trash.
- ◆ Avoid touching your eyes, nose and mouth.
- ◆ When there is a sick person in the household, try to keep children from having close contact with them (about 6 feet).
- ◆ Clean counters, surfaces, and toys with disinfectant.