

# *Queen Creek School District No.95*

20740 South Ellsworth Road Queen Creek, Arizona 85242 Phone (480) 987-5935 Fax (480) 987-9714

October 1, 2009

Dear Parents,

Novel H1N1 flu has arrived in Arizona. We are asking for your help in keeping your student as healthy as possible. Please keep your student home if he/she is ill. When you call in to excuse your child, please indicate why they are absent. If they have a flu like illness, please tell attendance. There have been three confirmed cases of H1N1 in Queen Creek Unified School District.

Flu symptoms include extreme fatigue, body aches, headache, cough and very often a fever. Other symptoms might also be a sore throat and vomiting and diarrhea. If your child has vomiting and diarrhea without the fatigue, body aches, headache and fever, please report that as a stomach flu or virus.

The school health office will be sending your student home if they exhibit the above symptoms at school. We ask that you keep your student home until their symptoms are completely gone. If they have a fever, they should be fever free without the use of medication, for 24 hours before returning to school.

It is good to remember to always cough or sneeze in to a tissue, then throw it away. If you do not have a tissue, cough or sneeze in to your arm or shoulder, not your hand. Frequent hand washing with soap and water is very important. You may also use a hand sanitizer, alcohol based sanitizers are most effective. You will want to consider having your student receive a seasonal flu shot and H1N1 flu shot at a clinic or your doctor when they become available.

Thank you for your help in keeping our schools a place of learning.

Thank you,

*James D. Murlless, Ed.D.*

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Superintendent

**Dr. James D. Murlless, Superintendent of Schools**