



September 3, 2009

Dear Parent,

With the new school year just beginning, we know that many of you are concerned about the swine flu (H1N1). The medical community has determined that the H1N1 virus is no more severe than the seasonal flu. However, any flu virus can cause serious illness, so we are working very closely with Brazoria County Health Department officials to prevent the spread of the flu among Pearland ISD students and staff.

At each campus, we are doing everything in our power to maintain a healthy, sanitary environment at our campuses. For example, our custodial staff cleans with a special disinfectant (Pine-quat made by Buckeye) that combats the H1N1 virus. Our teaching staff is also encouraging thorough and frequent hand washing throughout the day. In addition, universal precautionary guidelines are posted at each campus. Finally, students who become ill with flu-like symptoms at school will be sent home.

We will continue to encourage good health habits among students and staff. Here are a few things you can do to help prevent your children from becoming sick:

- **Encourage your children to wash their hands** often with soap and water or an alcohol-based hand rub.
- **Encourage your children not to share personal items** like drinks, food or utensils.
- **Encourage your children to use tissues** to cover their coughs and sneezes. When tissues are not available, they should cover their coughs or sneezes using the elbow, arm or sleeve instead of the hand.
- **Know the signs and symptoms of the flu.** Symptoms include fever (100 degrees Fahrenheit or greater), cough, sore throat, nasal congestion, body aches, headache and fatigue. Some people may also experience nausea and vomiting.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever. Do not send children to school if fever-reducing drugs are necessary to control temperature. Keeping children with fever at home will reduce the number of people who may get infected.

For more information, visit our Website at www.pearlandisd.org or visit www.flu.gov. You can also call your campus nurse or Pearland ISD Lead Nurse Karen Medway at 832-736-6000 if you have additional concerns.

We appreciate your continued cooperation and support as we work together to reduce the spread of the flu in our community.

Sincerely,

Bonny Cain, Ed.D.
Pearland ISD Superintendent