

To all Parents:

The beginning of the school year is always challenging for students, parents and staff but this year may bring some special challenges not faced before. The new flu virus (H1N1, Swine Flu) continues to circulate and may return this fall bringing us a worse flu season than we've seen in many years.

Our goal is to keep students and staff healthy and to keep schools open for learning. In light of these goals we ask that you and your families adopt **The Three C's** to slow the spread of the flu:

- **Clean.** Wash hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth.
- **Cover.** Cover coughs and sneezes with a tissue, throw it in the trash and wash your hands; or you can cough into your sleeve.
- **Contain.** If your student has symptoms of the flu, please keep him or her home and contact the school. Try to avoid close contact with sick people. If you are sick, do not go out except to seek medical care.

The Centers for Disease Control recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu. A new vaccine against the pandemic H1N1 Swine Flu is being produced and will be available in the coming months in community clinics.

A flyer is attached that describes the symptoms of the flu. Symptoms of seasonal and pandemic flu are the same. Your child may be sent home if he/she is noted to have flu symptoms. Be thinking of child care alternatives in case your child needs to be home for several days.

For more information you can access the following websites: www.pandemicflu.gov, www.fultoncountyhealthdept.com, and for information about general preparedness www.ready.gov.

Sincerely,

A handwritten signature in black ink, appearing to read "Michael R. Qualls". The signature is written in a cursive, flowing style.

Fulton County Health Commissioner