

Flu Alert

As was predicted by national and local public health officials, the H1N1 flu virus has spread throughout the United States. It is widespread throughout Colorado and El Paso County. It is in malls, offices, and schools. Thus we have started to hear of cases of H1N1 diagnosed in Ellicott District students and their families.

Ellicott School District administration is working under guidelines from El Paso County Health Department and the CDC to prevent and minimize the spread of H1N1 flu at school, including exclusion of sick students and staff from school, isolating sick students and staff who become ill at school, promoting handwashing, making hand sanitizer available to staff and students, sanitizing classrooms and offices and bathrooms, etc.

What can you do to help control the spread of H1N1 flu?

1. If your child is sick, keep them home. Staying home when sick stops the spread of the flu and helps the sick person get well.
2. Watch for flu-like symptoms: fever (100 or higher), flushed or warm skin, sore throat, cough, runny nose, body aches, vomiting or diarrhea.
3. If your child has any flu-like symptoms your child should be kept home from school and other activities. They can return to school when feeling better and when they have been fever-free for 24 hours without fever-reducing medication.
4. If your child develops flu-like symptoms during the school day they need to be isolated from others and you will need to pick them up immediately to diminish the time they are able to expose others to illness.
5. Call your health care provider if your child is ill enough that you would normally see a health care provider. Use the same judgment you would during a normal flu season. Call your health provider if your child, you, or your family has underlying health conditions like asthma, heart conditions, etc. Also call the health care provider if your child gets better and then suddenly develops symptoms again. They may have a secondary infection.
6. Talk to your health care provider about the H1N1 vaccine and seasonal flu vaccine to determine whether your family should be immunized.
7. Make sure you, your family and friends are prepared for an emergency that might require you to stay home for several days.

If you have any questions or concerns please contact the building principal or the school nurse.

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