



May 27, 2009

In an effort to keep everyone in the Walker community informed, we are continuing to provide you with updates on the H1N1 Swine flu.

To date, we have not had any students with a confirmed case of H1N1 flu within the community. We have had three students and one staff person who have developed a fever associated with a cough or sore throat who we have asked to remain home for 7 days from the time their symptoms first presented. This does not mean these individuals have the H1N1 Swine flu but we are adhering to the Department of Health guidelines established to reduce the chance of spreading the infection.

A reminder of flu symptoms:

- Fever of 101 degrees or more
- Cough, nasal congestion
- Sore throat
- Headache, body aches, or chills
- Vomiting or diarrhea

If a student has a fever of 101 degrees or more along with any flu symptoms, you should consult their primary care provider for further evaluation. Your child must stay at home for 7 days from the point when they first became ill. This seven day exclusion was reiterated yesterday by the Massachusetts Department of Public Health (MDPH) because it is the maximal infectious period. Students should remain out of school even if they feel better in a shorter period of time. Also, please notify us of your child's illness.

In the nursing office, we are generally seeing students with coughs, sore throats and congestion, due to allergies, asthma, and viral illness. Meanwhile, we should assume that there are always many illnesses in the environment and the possibility of exposure is possible.

Let me reiterate that we all should protect ourselves by:

- Washing hands frequently
- Keeping hands away from mouth, nose and eyes
- Avoiding people who are sick
- Covering a cough or sneeze into your sleeve
- Don't share drinks, food, utensils
- Stay home if you or your child are sick
- Call your Doctor if you develop signs of the flu

Please visit www.mass.gov/dph/swineflu for further information and updates and call the nurses' office with any concerns or questions you may have, at 781-292-2115.

Sincerely,
Elaine McGovern, RN
Walker School