



DUPAGE COUNTY HEALTH DEPARTMENT

111 North County Farm Road, Wheaton, Illinois 60187

(630) 682-7400

www.dupagehealth.org

August 14, 2009

Dear DuPage County School and Child Care Parents, Families, and Staff:

As we begin our 2009-2010 school year, the DuPage County Health Department would like to provide you with some information to help control and prevent the spread of influenza. In partnership with the DuPage Regional Office of Education, the Health Department recently met with Superintendents as well as District and School Nurses from 42 school districts to discuss measures toward keeping our students and community safe and healthy. In addition to reviewing important prevention and monitoring steps, we also reviewed the recently updated Centers for Disease Control and Prevention (CDC) influenza guidance for schools.

Since influenza is primarily spread by direct contact with nose and throat secretions, there are measures we can all take to reduce our chances of becoming sick with influenza:

- **Practice good hand hygiene by washing your hands often** with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. For medical questions or concerns, contact your physician.
- **Stay home if you are sick.** Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Cover your nose and mouth** with a tissue when you cough or sneeze, and throw it away after use.
- **Do not share eating utensils or drinking containers.** Persons should not share straws, cups, glasses, water bottles used during sports or recreation, cigarettes, etc.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

The DuPage County Health Department will continue to collaborate with the DuPage Regional Office of Education toward closely monitoring disease activity, severity, and scope, in order to provide current recommendations in accordance with Illinois Department of Public Health and CDC guidance. We will keep you updated with new information as it becomes available, toward reducing the impact of influenza in our schools and community.

For more influenza information and updates, please visit www.cdc.gov/h1n1flu/ or www.flu.gov, or call 1-800-CDCINFO. For materials in Spanish, please visit www.cdc.gov/h1n1flu/espanol/. You may also visit the DuPage County Health Department Emergency Information webpage at www.protectdupage.org. For general questions about influenza, please call the DuPage County Health Department at **630-682-7400**.

Sincerely,

THE DUPAGE COUNTY HEALTH DEPARTMENT

Rashmi Chugh, M.D., M.P.H.
Medical Officer

Maureen McHugh
Executive Director

Everyone, Everywhere, Everyday

In an emergency go to www.protectdupage.org and tune into WDCB 90.9 fm radio.