

Nelson's News

Coronado K-8 School, An "Excelling" School
Monica Nelson, Principal, 696-6627
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BE HERE AND ON TIME FOR SCHOOL!
Elementary 7:55 Middle School 8:20

Dear Coronado Parents/Guardians,

We have been asked to share this information with you from the Pima County Health Department:

An illness with flu-like symptoms has been reported among students at **Coronado K-8**. Given the symptoms and the timing, it is quite likely that the new H1N1 flu or "Swine Flu" is circulating in our school. You are an important partner in our effort to keep our school open and to keep our children healthy. We can make a difference by taking some simple steps:

Teach your children to wash their hands often with soap and water or an alcohol-based hand rub (at least 60% alcohol). You can set a good example by doing this yourself. **Teach your children to cover coughs and sneezes** with tissues or by coughing into the inside of their elbow when a tissue is unavailable. Be sure to set a good example by doing this yourself. **Teach your children not to share personal items** like drinks, food or unwashed utensils. **Teach your children to stay 6 feet away** from people who are coughing.

Do not send children to school if they are sick. Any children who are determined to be sick while at school *will be sent home*. **Keep sick children at home** for at least 24 hours *after* they no longer have fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.

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. Some people may also vomit or have diarrhea.

Get the seasonal flu vaccine for all eligible family members! And when the novel H1N1 vaccine becomes available, ask your healthcare provider if it is recommended for members of your family!

We are expecting cases of the H1N1 flu this year. Children are more likely to get this new flu because viruses spread easily in school environments, and because our students have never been exposed to this new virus they have no immunity to protect them.

If you have further questions concerning flu symptoms, please contact your healthcare provider. For more information on H1N1 influenza and what you can do to protect your family, visit the following web sites: Pima County Health Department, www.pimahealth.org Arizona Department of Health Services, www.azdhs.gov and The Centers for Disease Control and Prevention, www.cdc.gov

Pima County Health Department also suggests that you use the following questionnaire to assess the health status of your child on a daily basis.

Does your child have:

1. Fever (100° F or greater)? Yes No
2. Sore Throat? Yes No
3. Cough? Yes No
4. Nasal congestion? Yes No
5. Runny nose? Yes No

SHOULD I KEEP MY CHILD HOME?

- ✓ If you checked “yes” to fever AND one of the other symptoms, keep your child home until fever-free for 24 hours without medication. If you have questions about your child’s health or symptoms, call your child’s healthcare provider.
- ✓ If your child has been diagnosed by a healthcare provider with a different disease, such as strep, follow your healthcare provider’s recommendation and school policy for when to return to school.

WHAT SHOULD I TELL MY CHILD’S SCHOOL?

- ✓ If you checked “yes” for fever AND one of the other symptoms, tell your child’s attendance office (696-6712) that your child is home with influenza-like illness.
- ✓ If your child has been diagnosed by a healthcare provider with a different disease, such as strep, tell your child’s attendance office (696-6712).
- ✓ No personal information about your child, including your child’s name, will be shared outside of the school.

WHAT ARE THE SIGNS THAT MY CHILD NEEDS URGENT MEDICAL CARE?

- ✓ Fast breathing or trouble breathing
- ✓ Bluish or gray skin color
- ✓ Not drinking enough fluids
- ✓ Severe or persistent vomiting
- ✓ Not waking up or not interacting
- ✓ Being so irritable that the child does not want to be held
- ✓ Flu-like symptoms improve but then return with fever and worse cough

For more information call the Pima County Health Department 520-243-7797 or visit the Pima County Health Department website, www.pimahealth.org.

If the County Health Department and the Amphitheater Health Services Department recommend any other action for our school, I will let you know. Thanks for your help in working together to keep our children healthy.

Sincerely,

Monica Nelson, Principal