

Dear Parents/Guardians:

All District 218 schools are taking the necessary precautions to inform parents and guardians with general information concerning H1N1 .

The symptoms of swine flu are similar to the symptoms of regular human flu and may include the following:

- **Fever of 100 degrees Fahrenheit or higher**
- **Sore Throat**
- **Headache**
- **Cough**
- **Body Aches**
- **Chills and Fatigue**
- **Respiratory Congestion**
- **Vomiting and Diarrhea may also occur**

We ask that if your child becomes ill with flu-like symptoms, he/she should remain home from school. If you suspect your child may have the flu, please contact your health care provider immediately. **Stay home if you or your child is sick** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of a fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Stay home even if taking antiviral medicines.

There are routine actions that can help prevent the spread of germs. Students are encouraged to take these everyday steps to protect their health.

- All persons should always cough or sneeze into their elbow or into a tissue and properly dispose of used tissues
- Wash hands often with soap and water or use an alcohol-based hand sanitizer to kill germs on hands.
- Avoid touching your eyes, nose, and mouth as germs can spread this way.

We will continue to work with the Cook County Department of Public Health to closely monitor any unusual patterns of illness and will provide updates as necessary.

For further information please refer to the following websites: www.cdc.gov/swineflu and www.cookcountypublichealth.org

Please contact your **School Nurse** for further information:

Shepard H.S.: Janet Callahan 708-371-1111 ext 3780
Richards H.S.: Peggy Gbur 708-499-2550 ext 5780
Eisenhower H.S.: Maureen Featherstone 708-597-6300 ext 4780
Summit/ALT ED: Margie Eber 708-371-1880 ext6780