



Homedale Jt. School District #370
Owyhee and Canyon Counties
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Tim Rosandick, Superintendent
Faith Olsen, Business Manager/Board Clerk
Kurt Shanley, Chairman, Board of Trustees
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September 25, 2009

Dear Parents/Guardians:

The Homedale School district has been working closely with the Southwest District Health Department and other agencies regarding the H1N1 Influenza.

From health care professionals, we understand that for most individuals the H1N1 virus will be just another case of the flu. But because it is a new flu strain, it's possible that a number of people could become ill at the same time. H1N1 will not be confined to our schools; the virus may well become widespread throughout the community. Anywhere people congregate—churches, gymnasiums, grocery stores, etc.—can offer the potential for contagion.

It has determined that some people may be at higher risk from the H1N1 virus. People at high risk for adverse outcomes include children younger than 5 years old, pregnant women, those with compromised immune systems, those who suffer from asthma or other respiratory problems, and those who may have diabetes or a neuromuscular disease. It is advised that any person with any of these conditions should seek medical treatment at the onset of flu-like symptoms.

Here are a few things that parents can do to help us reduce the spread of flu:

1. Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
2. Know the signs and symptoms of the flu. Symptoms of the flu include a fever, cough, sore throat, a runny or stuffy nose, body aches, headache, lack of appetite, and feeling very tired. Some people may also vomit or have diarrhea.
3. Do not send children to school if they are sick. If your children are sick, keep them at home for at least 24 hours after their fever returns to normal without the use of fever-reducing medication.
4. Get a seasonal flu shot for you and your child as soon as it is available. With H1N1 in the mix, seasonal flu may pick up sooner this fall, so it is wise to lesson your overall risk of getting the flu. Southwest District Health (455-5345) can be contacted regarding flu shots.
5. For working parents, develop a contingency plan for someone to care for your child in the event your child becomes sick and needs to stay at home or in the event the school sends your child home because they are sick.

The Homedale School District will continue working closely with the Southwest District Health Department and other agencies regarding the H1N1 Influenza so as to assure a healthy learning environment for all the children we serve.

Sincerely,

Tim Rosandick
Superintendent