

October 16, 2009

Parents/Guardians:

Clinical providers throughout Illinois and Adams County are reporting an increase in patients with flu-like illness, many who have tested positive for Influenza A. According to the Centers for Disease Control and Prevention (CDC) “more than 99% of circulating influenza viruses in the United States are 2009 H1N1. Therefore, at this time, if your health care provider determines that you have the flu, you most likely have 2009 H1N1.

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.
- **Stay home if you are sick** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medications such as Tylenol or Ibuprofen). This will help 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. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- **Do not share eating utensils or drinking containers.** Persons should not share straws, cups, glasses, water bottles, silverware etc.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu as vaccines are available.

Quincy Public Schools continues to collaborate with the Adams County Health Department to closely monitor disease activity and severity in order to provide current recommendations in accordance with the Illinois Department of Public Health and CDC guidance. **Because of the widespread nature of H1N1 disease, most public health agencies, including the Adams County Health Department, are not attempting to identify, count or report individual cases of the disease. Quincy Public Schools therefore will not be reporting individual cases of H1N1.** A physician visit is NOT required in order to return to school after an absence related to influenza.

**Thank you for your cooperation in keeping our children and our schools healthy.**

Lonny Lemon  
Superintendent

Jeannie Martin  
School Nurse Supervisor

