



## BARNWELL SCHOOL DISTRICT 45

Roy S. Sapough,  
Superintendent

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May 4, 2009

Dear Parents/Guardians:

There is a lot in the news about H1N1 flu (swine flu). I am writing to let you know that Barnwell 45 is working closely with the South Carolina Department of Health and Environmental Control (DHEC) to keep your child's school a healthy place to learn.

The swine flu is spread when droplets from an infected person's cough or sneeze come in contact with another person. People may become infected by touching something with fresh flu viruses on it and then touching their mouth, nose or eyes.

Symptoms of the flu include fever, cough, sore throat, body aches, headache, and chills. Some people have also reported diarrhea and vomiting.

If your child has a fever of 100°F with a cough or sore throat, please:

- Keep your child home from school.
- Call your child's health care provider for medical advice.
- Call the school and let them know your child's symptoms.
- Do not give your child aspirin. Children sometimes get very sick when they have a virus and take aspirin.

Your child can return to school after he/she has been fever free without taking medications for at least 24 hours.

Three important things that you can do to help prevent the flu are:

- Cover your nose and mouth with a tissue when you cough or sneeze. If you do not have a tissue handy cough or sneeze into your upper sleeve.
- Wash your hands often with soap and water. Alcohol-based hand sanitizers may be used if soap and water are not available.
- Stay home if you are ill.

**Finally, we know how important your children are to you. Make sure that your child's school has your current emergency telephone numbers. Our nurses sometimes have trouble reaching a parent/guardian. Obviously, you want to know when your child is sick so that you can pick him up, and you don't want your sick child spending hours in the health room because we can't reach you.**

Together we can keep our children and our schools healthy. Thank you in advance for your cooperation. For more information about swine flu, you may call 211 or visit DHEC's website at <http://www.scdhec.gov/flu/swine-flu.htm>.

Sincerely,

Roy S. Sapough,  
Superintendent