

Given the high amount of media attention to H1N1, we wanted to share the following information with you.

District

administrators are reviewing pandemic influenza procedures and resources. We are following guidance from the Michigan Department of Community Health (MDCH) and the City of Detroit Health Department, and recommendations from the Centers for Disease Control and the American Red Cross.

***No H1N1 cases have been reported or confirmed in students or staff at Detroit Community Schools.*** We are in contact with the City of Detroit Health Department and, in the unlikely case of a positive diagnosis in our community, **will take action as a result of their direction.**

However, we are asking all staff to:

- o **closely observe students who may be ill** and to report that information to the principal
- o **seek a medical evaluation** if they themselves are ill, and stay home until they recover.
- o report a personal influenza **diagnosis** to principal.
- o **capture the teachable moment** and work with students to ensure good hygiene practices (see notes below)

## ***What are common influenza symptoms?***

According to the American Red Cross, call your health care professional if your loved one has:

- o A high fever – children and adults, greater than 105 degrees; babies 3 to 24 mos., higher than 103 degrees; and babies younger than 3 mos., 100.4 degrees or higher
- o Shaking chills
- o Coughing that produces thick mucus

- o Dehydration (feeling of dry mouth or excessive thirst)

- o Worsening of an existing serious medical condition (for example, heart or lung disease, diabetes, cancer)

However, symptoms could change depending on the process and mutation of the disease.

## ***What can I do to prevent influenza?***

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Please remember that good hygiene practices are the best way to avoid the flu:

- o Get enough sleep

- o Wash your hands frequently with soap and water

- o Eat healthy food

- o Cover your nose and mouth with tissue when you cough or sneeze

- o Drink plenty of water

- o Stay physically active

- o Manage stress

- o Avoid sharing cups and glasses

- o Importantly, if you or your children are sick, stay home. The Centers for Disease Control recommends that you stay home from work or school and limit contact with others to keep from infecting them.

More information is available at the CDC website <http://www.cdc.gov/swineflu/>

Thank You,

Detroit  
Community Schools