

October 19, 2009

Dear Families,

It has been noted that H1N1 is widespread in Minnesota. That means that the likelihood of a Fillmore Central student or staff member contracting the virus is a very real possibility. If you take into consideration the mobility of today's society, the spreading of any communicable disease is very likely. This letter is being sent to notify you that Fillmore Central Schools has reached the reporting threshold for Influenza-Like Illnesses in our school. I fully expect that other cases will follow and that this week will be our peak for the illnesses.

As required, Fillmore Central Schools will report to the Minnesota Department of Health any classroom with three or more absences from a classroom that have Influenza Like Illnesses (sore throat, cough, fever over 100 degrees) or a 5% percent or higher absenteeism rate. As of today, we have met both of those thresholds.

As noted in previous communications, prevention steps are the most effective way to minimize exposure. Here is what each of your families can do to help:

- Keep your children home when they are sick, especially when they have **Influenza Like Illnesses**.
- Be **vigilant in monitoring** how your child is feeling and doing.
- Keep encouraging and modeling for your children to **cough or sneeze into their elbow**.
- Encourage **frequent hand washing** and/or use of a hand sanitizer.
- Encourage your **children not to place their hands near their mouth** and to **wash after blowing nose, etc**.

You can get more information about H1N1 by visiting the Fillmore Central website (www.fillmorecentral.k12.mn.us) or (www.flu.gov) which is the US Dept. of Health & Human Services website. Fillmore County Public Health will be providing H1N1 vaccine in the near future, so contact them for such information.

Sincerely,

Myrna Luehmann