



H1N1 INFLUENZA

With the onset of flu season, we would like to update you on the H1N1 virus. The influenza virus (flu) is caused by a virus that infects the nose, throat and lungs. H1N1 is a specific strain of the flu that is extremely contagious.

The H1N1 virus spreads the same way that the seasonal flu spreads, from person to person through coughing and sneezing or from contacting contaminated surfaces. We would like to stress that the best protection from spreading the virus is to cover coughs and sneezes with your arm or tissue and to wash hands frequently with soap and water for at least 20 seconds, particularly before eating. Use an alcohol based hand sanitizer if soap and water are not available. Wash your hands after coughing, sneezing or blowing your nose. Avoid touching your nose, mouth and eyes. Sharing this information with children may help in easing the spread of the virus.

It is also advised that everyone should get vaccinated for the virus as the vaccine becomes available. Symptoms of the flu include fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and can include cough, extreme tiredness, headache and body aches, stuffy nose, sore throat and, in some cases, vomiting and diarrhea. These symptoms may take two to seven days to develop.

If you do become sick, please **STAY HOME**. It is recommended that you should remain home until at least 24 hours after you are free of fever without the use of medication. We will be adding website links on our Aurora City Schools website to help give you more information regarding the H1N1 flu.

The Aurora City School District, in conjunction with the Portage County Health Department, may be able to offer free H1N1 vaccinations for students in Pr-K through 12th grade. at no cost to families. More information regarding this issue will be made available in the near future.



LICE

At the beginning of every school year there are inevitably some cases of children contracting lice. The vast majority of these reported cases in our schools were children that had infestations over the summer months. While there are no more cases reported so far this year than most years, it has come to our attention that some parents have lice concerns. Our lice policies are consistent with those recommendations of the American Association of Pediatrics (AAP) and the School Health Association (SHA). We take many precautions to protect our children from contracting lice. Please notify the school nurse in the event that your child contracts lice. We will also be adding several website links on our Aurora City Schools website to help parents recognize and treat any such cases. If you have any questions or concerns regarding this matter, please feel free to contact our school nurse, Sandra Petti.