



May 1, 2009

Dear Parents of Students in Littleton Public Schools,

This is written to update you regarding expectations and planning in Littleton Public Schools (LPS) related to H1N1 virus (Swine Flu) concerns. As you know, this subject is very much in the news, following the Colorado Department of Public Health's announcement that there are two confirmed cases in the Denver metro area. We are monitoring the situation closely and working with the Tri County Health Department regarding any necessary response in the event of an identified case in LPS. We hope that this letter will help address any concerns that you have.

We are asking for your help in making sure that our students are healthy when they attend school and that they stay home when they are sick.

At this time, the state and local health departments have advised us that students can continue to come to school, as long as they are not sick and do not think they have flu symptoms. Flu-like symptoms include: fever (over 100 degrees F.), feverishness, cough, sore throat, runny nose, or stuffy nose. Additional symptoms may be experienced with this flu, including muscle pain, fatigue, and sometimes vomiting or diarrhea.

**If a student comes to school or child care with these symptoms, he or she will be sent home and should remain at home until 24 hours after the symptoms no longer exist.** If you have any concerns about your child's health, please consult your medical provider.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as group childcare, the mall, or sporting events—where other people would be exposed to flu germs. It is also important to teach your children how to reduce their risk of getting the flu and protect others from infection.

Please be sure your child knows to:

- Wash their hands often. Washing with soap and water for at least 20 seconds is ideal (that's about as long as it takes to sing the "Happy Birthday" song twice).
- Properly use hand sanitizers such as gels, rubs, and hand wipes. These all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve—not your hands!
- Learn these healthy habits by setting a good example and always doing them yourself.

If we all practice good hygiene and prevention strategies, health officials believe we can limit the spread of H1N1 virus in our schools at this time.

We are working with County Health officials to monitor the situation here in LPS and will make all decisions in consultation with them and state officials. We will inform parents immediately if the situation changes and it becomes necessary to close schools. Decisions will be made on a case by case basis, as the need arises.

**Please stay informed by paying attention to media reports. You may also get information at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) or the Colorado Help Line at 1-877-462-2911. Additional information can be obtained at the Colorado Department of Public Health's website: at <http://www.cdphe.state.co.us/>.**

As a district we take health, safety and well being of our students and staff very seriously. Let's all work together to implement the above guidelines as to the greatest extent possible.

Thank you.

Sincerely,

Lucinda Hundley  
Assistant Superintendent of Student Support Services