

SCHOOL DISTRICT NO. 143

of Cook County, Illinois



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August 2009

Dear Parent,

As you may know, the flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Midlothian School District 143. We want to keep our schools open to students and functioning in a normal manner during this flu season.

We are working closely with the Illinois Department of Public Health as well as the Center for Disease Control & Prevention to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

Here are a few things you can do to help:

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.
- The Illinois State Board of Education is urging parents to have their children vaccinated against the H1N1 influenza viruses. Vaccinations are the most effective way to protect your children, and their classmates, from these potentially serious diseases.

For more information see the attached flyer and visit www.flu.gov, or www.ready.illinois.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our district is doing, visit www.msdd143.org. We will notify you of any changes to our district's strategy to prevent the spread of flu.

Sincerely,

Mr. Michael A. Hollingsworth
Superintendent, Midlothian School District 143