



Anacortes School District 103

2200 M Avenue Anacortes, Washington 98221

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<http://www.asd103.org>

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Dear Parents, Guardians, and Staff

We would like to take this opportunity to provide you information on the H1N1 (Swine) flu virus and to share with you an update on our protocols for addressing potential virus exposure.

Anacortes School District will continue to work closely with *Island Hospital* and the *Skagit County Health Department* to address any health risk to our children. Please be assured that all three of our organizations have the safety of your children first and foremost in our thoughts.

First, our health officials have provided some excellent information on the virus. They encourage you to teach and model the following personal hygiene practices with your children. If all of us follow these recommendations we can lessen the spread of any flu or virus:

- Influenza A viruses cause illness in humans and many animals
- Human symptoms for this new type of swine flu are similar to the symptoms of regular human influenza that happen every year. Those include fever, cough, sore throat and muscle aches. In addition, fatigue, lack of appetite, runny nose, nausea, vomiting and diarrhea have been reported.
- The virus is spread person-to-person by contact with respiratory secretions from an infected person. As with any infectious disease that is spread through the respiratory system, health officials recommend the following precautions:
 - Cover your nose and mouth with your sleeve when you cough or sneeze. If you use a tissue, throw it in the trash after you use it. Then wash your hands;
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Rub hands for at least 15 seconds while washing or using hand cleaner;
 - Avoid contact with sick people;
 - If you get sick, please stay home and limit contact with others to keep from infecting them;
 - Avoid touching your eyes or nose.
 - We encourage you to include tissues and hand sanitizer on your student school supply list
- These are the same precautions that should be taken to stop the spread of all influenza viruses, as well as other infections.
- Travelers should follow the same precautions recommended above. If you have recently traveled and experience influenza-like symptoms, you should contact your health care provider.



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Second, the following protocols will be used throughout Anacortes School District with the support of Island Hospital and the Skagit County Health Department:

- Parents are asked to please keep children home if they demonstrate any flu-like symptoms.
- All staff have been directed to please stay home if they demonstrate any flu-like symptoms.
- Teachers will look for students exhibiting any flu-like symptoms and will send any students to the health room immediately if they have concerns.
- These students will be isolated in the health room and wear provided masks.
- Staff, nurses and secretaries working in the health room will wear masks and gloves and follow sanitation protocols.
- School nursing staff will determine if a student or staff member has influenza symptoms.
- Island Hospital is asking the parents to then notify their doctor and inform them of their child's symptoms.
- Parents will be instructed to maintain contact with their doctor, but to take their child to the doctor only if symptoms worsen
- The child will be excluded from school **until they have been fever-free for 24 hours without the use of fever reducing medications.**
- Siblings not demonstrating symptoms will not be excluded but should be checked daily for symptoms.

Our goal is to give the swine flu shot to as many staff, volunteers and students as possible. The Public Health Department (PHD) will be coming to our District to provide swine flu shots as soon as they have the vaccine available.

In the event of an outbreak, the Public Health Department will advise us as to whom should stay home; especially those who have refused the vaccine and then have become ill.

We think you will agree that these protocols demonstrate Anacortes Schools, Island Hospital and our County Health Departments commitment to the safety and well being of your children and families

Regards,

Chris Borgen
Anacortes School District
Superintendent

Vince Oliver
Island Hospital
CEO

Peter Browning
Skagit County Health Department
Director

