



Pleasant View Christian School

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www.pvchristian.org

August 14, 2009

Dear Parents:

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of the flu at PVCS. We want to keep the school open to students and functioning in a normal manner during the flu season. But, we need your help.

We are working closely with local, state, and national health agencies to monitor flu conditions so we can make decisions about the best steps to take concerning our school day. We will keep you updated with new information as it becomes available. If the flu becomes more severe, we may take additional steps to prevent its spread, such as:

- conducting active fever and flu symptom screening of students and staff as they arrive at school
- making changes to increase the space between people such as moving desks farther apart and postponing class trips
- dismissing students from school for at least 7 days if they become sick

For now, we are doing everything we can to keep PVCS functioning as usual. Here are few things you can 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.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius, or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may even vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have a fever or signs of a 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.** Children who are diagnosed as being sick when they come to school, will be sent home.

For more information go to www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu. For more information about the flu in our community and what our school is doing, go to www.pvchristian.org or call your local health department. Thank you for your cooperation.

Sincerely,

Ken Riggs,
Administrator