



September 9, 2009

Dear Beachwood Parents/Guardians and Staff:

On September 2, Beachwood representatives attended a roundtable discussion at the Cuyahoga County Board of Health (CCBH) to discuss the newly released Center for Disease Control (CDC) guidelines to help schools reduce the spread of regular seasonal flu and the new H1N1 flu during the 2009-2010 school year. The Beachwood City School District administration and nursing staff have put plans in place to ensure that we follow the CDC's guidelines closely. We are also working closely with the city emergency coordinator, Chief Patrick J. Kerns of the Beachwood Fire Department 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.

For an outbreak similar to the spring H1N1 outbreak, the CDC recommends stepping up good hygiene practices like hand washing, keeping sick students and staff away from school and helping families identify if their children are high-risk for flu complications.

We are doing everything we can to keep our schools functioning regularly and the following steps have been implemented to ensure the health and safety of our students and staff:

- Schools are providing time for students to wash their hands and are making tissues readily available to students and staff.
- Alcohol-based hand sanitizers are available in classrooms for use if soap and water are not handy.
- School staff routinely cleans areas that students and staff touch with disinfectant cleaners. Cleaning with bleach or other special cleaners is not recommended by the CDC.
- Students and staff who appear to have flu-like illnesses will be separated from other students until they can be sent home. The CDC also recommends that those with flu-like illnesses wear a surgical mask while waiting for transportation home.



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.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils and to cover their coughs and sneezes with tissues. Cover up coughs and 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 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 also vomit or have diarrhea.
- **Keep sick children at home at least 24 hours after they no longer have 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.** Any children who are determined to be sick while at school will be sent home.

For more information, visit www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu. For information about the H1NI flu, visit www.cdc.gov/swineflu.

Sincerely,

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