



## *The Arrowhead Union High School District*

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<http://www.arrowheadschoools.org>

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September 17, 2009

Dear Parents,

Arrowhead High School is notifying parents that we had our first confirmed case of the H1N1 influenza virus. The number of confirmed cases has increased in Waukesha County, and the Waukesha County Public Health Division will no longer be notifying individual schools.

As you may know, H1N1 can be easily spread from person to person. **We need your help to prevent the spread of the H1N1 influenza virus.**

- **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*.
- **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 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.
- **Learn more about the 2009 H1N1 Influenza Vaccine that will be available in October.** The site below is for the inactivated injected vaccine; the CDC is still developing the handout for the live, intra-nasal vaccine. <http://www.cdc.gov/h1n1flu/vaccination/slv/pdf/vis-h1n1-prelicensure.pdf>

We are working closely with the Waukesha Public Health Department to monitor flu conditions and make decisions about the best steps to take concerning Arrowhead High School. We will keep you updated with new information as it becomes available, but will not be notifying you of each confirmed case of H1N1.

For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu. Please call Kristi Kirk, AHS School Nurse, with any questions at 262-369-3630.

Sincerely,  
Kristi Kirk, RN