



**Bloomington Public Schools
School District 87**

Dr. Robert Nielsen
Superintendent of Schools

Dr. Teresa Hill
Assistant Superintendent of Curriculum & Instruction

Dr. Barry Reilly
Assistant Superintendent of Human Resources

Mr. David Wood
Chief Financial & Legal Officer

Dear Bloomington Public Schools District 87 Parents and Guardians,

I am writing this letter to request your assistance in controlling the spread of illness throughout the school district. In this letter, I will provide you with some common symptoms of influenza like illnesses with suggestions on how to slow the spread of such viruses. I will then suggest actions that you should take in the event that your child gets sick.

The Center for Disease Control and other health agencies define the following symptoms as flu-like illnesses and recommend that you contact your physician early with concerns about your child's symptoms. If your child has a chronic disease, contact your doctor immediately.

- Sore or achy muscles and joints
- Cough and/or sneezing
- Fever of 100 degrees or more
- Sore throat
- Runny or stuffy nose
- Headache
- Chills
- Fatigue
- Vomiting and/or diarrhea with other respiratory symptoms (these two alone do not constitute the flu)

Bloomington Public Schools District 87 is working with the Mclean County Public Health Department and the Illinois State Board of Education to address the potential infection of students and staff with the H1N1 flu and the traditional flu strains that will appear in Illinois starting in November.

The Center for Disease Control, the Mclean County Public Health Department and the Illinois State Board of Education identify the following actions to reduce the spread of viruses.

- Frequent washing of hands is essential. Hand washing should be done with soap and warm water for at least 20 seconds. If soap and water is not available, use hand sanitizer.
- When sneezing or coughing, cover your nose and mouth with a tissue and throw it away. If you do not have something with which to cover your nose and mouth, sneeze or cough into the bend of your elbow
- Get the seasonal flu vaccine now.
- Get the H1N1 flu vaccine when it becomes available.
- Keep your child home if he or she is sick. Stay home if you are sick.

Please keep your child home until all symptoms are gone. It is especially important to keep your child home for at least twenty four hours after their body temperature returns to normal without the use of medicine such as Tylenol or Ibuprofen.

As a school district, we are monitoring student and staff attendance rates. We are providing the McLean County Public Health Department with information they need to track the spread of flu-like illnesses in McLean County. We are treating all flu-like illnesses as though they are H1N1. We are doing this because the seasonal flu generally does not arrive until November or later.

As always, communication is essential as we prepare for the spread of flu-like illnesses. To help us monitor this situation, please inform the school that your child is exhibiting flu-like symptoms. We will monitor the causes of absences and report this to the McLean County Department of Public Health.

Thank you in advance for your cooperation and understanding.

Sincerely,

Robert S. Nielsen
Superintendent