

April 30, 2009

Dear Parents/Guardians:

Most likely you've seen recent news reports about the spread of swine flu. Currently, Adams 12 Five Star Schools is not aware of any cases of the illness within our school district. Our district is collaborating with Tri-County Health Department and other state health officials to monitor this situation around the country and locally. All schools are open for regular operation.

At this time, state and local health officials have advised us that students can continue to come to school so long as they are not sick and do not have any flu symptoms. Signs and symptoms of swine flu are similar to those of seasonal flu and include:

- Fever
- Headache
- Cough
- Diarrhea and/or vomiting
- Lethargy
- Body aches
- Sore throat

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else, such as group childcare, the mall, or sporting events where other people would be exposed to flu germs. It is also important to teach your child how to reduce their risk of getting the flu and protect others from infection.

- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal. (That's about as long as it takes to sing the "Happy Birthday" song twice.)
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose or eyes.
- Teach your children the proper use of hand sanitizer. Gels, rubs and hand wipes all work well, as long as they contain at least 60 percent alcohol. Hand wipes must be disposed of properly.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve – not your hands.

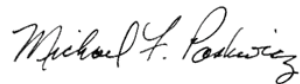
Help your children to learn these healthy habits by setting a good example and always doing them yourself.

If a student comes to school with flu symptoms, they will be sent home and are to stay at home until 24 hours after all symptoms have resolved, before returning to school. In cases of mild illness, the student is to be self-isolated at home. Health officials advise that if your child shows severe symptoms, parents contact their child's medical provider for further advice. There is no need to isolate a student or person who has recently traveled to an area experiencing an outbreak of swine flu, unless that person is symptomatic.

As Superintendent, I am responsible for assessing the needs of our district and schools and am working in conjunction with the Colorado Department of Public Health and Environment and the Tri-County Health Department to determine any district or school action to be taken with regard to this health situation. I will keep you informed through phone calls, letters or the district's Website, www.adams12.org.

Stay informed of the rapidly changing situation regarding swine flu by logging onto <http://cdc.gov/swineflu> and http://www.cdc.gov/swineflu/key_facts.htm. You can also call the Colorado Help Line at 1-877-462-2911.

Sincerely,



Michael F. Paskewicz
Superintendent