

Gail E. Siller, Ph.D.
Superintendent



Fort Sam Houston Independent School District

1902 Winans Road
San Antonio, TX 78234
210-368-8701
Fax 210-368-8741
gsiller@fshisd.net

August 31, 2009

Dear Fort Sam Houston ISD Parent/Guardian:

As has been reported in the media, an active influenza season is expected throughout our country. Fort Sam Houston ISD has a plan in place to address the current conditions and is taking steps to reduce the spread of flu on our campuses. Our goal is to keep our schools open to students and functioning in a normal manner during this flu season.

We are working closely with the Installation Senior Leadership, including Brooke Army Medical Center personnel, as well as the San Antonio Metropolitan Health District to monitor flu conditions, including H1N1 cases. We have been informed that we have a Fort Sam Houston Elementary School student and a Robert G. Cole High School student with confirmed cases of H1N1 flu. These students are receiving appropriate medical care and are at home recovering.

Let me assure you that the health and well-being of our students is our top priority, and we are doing everything possible to monitor this public health situation and limit the spread of influenza. **But, we need your help to do this.**

- **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. It is important to plan now in case your child becomes ill.
- **Teach your children to wash their hands** often with soap and water or use hand sanitizer. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils.
- **Teach your children to** cover up their coughs or 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 of the flu include fever (100 degrees Fahrenheit, or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some individuals 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.

Our school nurses will closely monitor flu-like symptoms in our schools. We will send home any students or staff members who are showing flu-like symptoms and recommend they visit a medical provider.

Our primary method of communication to update and notify you of any changes to our district's strategy to prevent the spread of flu will be via our district website: www.fshisd.net. Additional information can be found at the following websites: www.cdc.gov, www.flu.gov, and www.sanantonio.gov/HEALTH/SwineFlu.html.

Sincerely,


Dr. Gail E. Siller
Superintendent