



Lorenzo Garcia, Ed.D.  
Superintendent

Dear EPISD Families:

We are asking for your assistance in our efforts to protect the health of all our students during this flu season. We are already taking steps to enhance our procedures and continue to work closely with the City-County Health Department in order to reduce the impact of this flu season. We are prepared to offer additional student education on flu prevention and care as needed at each of our campuses.

At home, you can help by setting the example for your children by following some easy measures, such as:

- When coughing or sneezing, use a tissue and if a tissue is unavailable, cough or sneeze into your elbow or shoulder
- Wash your hands frequently, especially after coughing or sneezing

**Symptoms to watch for include:**

- Sore throat and cough
- Fever
- Body aches
- Headache
- Chills
- Fatigue
- Runny nose
- Nausea
- Diarrhea (sometimes)

It is difficult for a student to perform to their potential while they are sick. They also pose a potential health hazard to fellow students. Keep your child home if they have a fever of 100 degrees and have a sore throat or cough. They should not return until they are free of a fever for 24 hours after taking their last dose of fever-reducing medicine.

Emergency warning signs to watch for that may require urgent medical attention include:

- Fast breathing or trouble breathing
- Not drinking enough fluids
- Not waking up or not interacting
- Irritability to the point that the child does not want to be held
- If flu-like symptoms improve then return with fever and a worse cough
- Bluish or gray skin color
- Severe or persistent vomiting

For more information online, visit the EPISD Web site at [www.episd.org](http://www.episd.org) and click on the "FLU H1N1 Virus and Flu Prevention in EPISD" tab on the left. You can access a computer at your child's campus or at area libraries. You can also call 211 for further information regarding the flu.

If your child is out due to the flu, contact your school to ensure that the absences are recorded properly.

Sincerely,

Lorenzo Garcia, Ed.D.  
Superintendent