

October 12, 2009

Dear Parents:

There is a lot of information circulating right now about the flu. I promised to keep you up-to-date regarding the flu and flu-related issues in our schools. As I write this, we know that every school in our district has already had and continues to have students out with either the flu or a flu-like illness. We also know that we will continue to see flu and flu-like illnesses in our schools for quite a while — perhaps all school year.

I want you to know that we continue to work closely, as usual, with the South Carolina Department of Health and Environmental Control to monitor flu conditions and to make decisions about the best ways to protect our students and staff.

We are following their recommendations and diligently sanitizing surfaces that are touched frequently such as desktops, doorknobs, light switches and other classroom equipment.

We also continue to remind students to cover their coughs and sneezes. We make sure they have easy access to tissues, running water and soap, or alcohol-based hand cleaners. We talk regularly about the importance of frequent hand washing, good hand-washing habits and good coughing technique in order to reduce the spread of any disease.

Our school nurses continue to monitor students and watch for flu-like symptoms (temperature of 100 degrees or more, headache, muscle aches, sweating, sore throat, cough, extreme fatigue). You can help, too.

If your child complains about not feeling well, please check your child's temperature before sending him/her to school. If your child has a fever of 100 degrees or more before you give him/her Tylenol, Advil, Motrin or some other appropriate fever-reducing medication, keep your child at home.


Once the fever breaks (this usually takes from three to five days) and he/she no longer has a fever or sign of a fever without the help of Tylenol or another product, please keep your child home for another full 24 hours — even if your child is using an antiviral medicine.

Vaccinations for seasonal flu are available now. We have partnered with Lexington Medical Center to offer mobile flu clinics at Lexington One locations. These clinics are open to Lexington One staff, their families and members of the community. Go to our Web site at [www.lexington1.net](http://www.lexington1.net) for more information.

Vaccinations for the H1N1 flu should be available later this month. We are working with DHEC to schedule H1N1 flu clinics and will let you know when those become available.

If you have further medical questions, please contact your doctor or the Lexington County Health Department at (803) 791-3580.

Sincerely,

  
Dr. Karen Woodward  
Superintendent