

HIGHLAND COMMUNITY UNIT SCHOOL DISTRICT NO. 5

Serving the Communities of Alhambra, Grantfork, Highland, New Douglas, and Pierron

MICHAEL S. SUTTON
SUPERINTENDENT OF SCHOOLS



LYNNE S. NEWTON
ASSISTANT SUPERINTENDENT-INSTRUCTION
TIM C. BAIR
BUSINESS MANAGER

May 4, 2009

Dear Parent/Guardian:

In response to the recent reports of Swine (H1N1) Flu cases in the United States, we felt it was important to take a proactive approach and provide the school community with information to help prevent the spread of illness. Below are Good Health Habits to protect your family:

- **If you get sick, stay home from work or school and limit contact with other people to avoid infecting them.**
- **Keep children who are sick at home. Please do not send them to school.**
- **Wash hands frequently with soap and water for at least 20 seconds.**
- **Cover coughs and sneezes with tissues or cough and sneeze into the inner arm.**
- **Avoid touching your eyes, nose, or mouth. Germs enter our bodies through these routes.**
- **Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, and eat nutritious food.**

As of today, Monday, May 4, 2009, Madison County Health Department reported no cases of Swine Flu within Madison County. If your child becomes ill and the physician suspects the illness is related to Swine Flu, please notify the school nurse immediately. This will allow our district to monitor the health and safety of our students and take action in accordance with the Illinois Department of Public Health and Madison County Health Department. Attached is detailed information on protecting yourself against the Swine Flu.

Thank you for your help in keeping our children healthy.

Sincerely,

A handwritten signature in black ink that reads "Michael S. Sutton". The signature is fluid and cursive, with a horizontal line extending from the end.

Michael S. Sutton
Superintendent of Schools