

LIBERTYVILLE

Prentiss Lea
Superintendent



HIGH SCHOOL

Marina D. Scott
Principal

Sept. 1, 2009

Dear Parents and Guardians:

I am writing to inform you that we received word of our first known confirmed case of H1N1 flu at Libertyville High School yesterday. The student is following the recommended precaution from the Centers for Disease Control (CDC) to stay home until fever-free for at least 24 hours.

Some of the proactive measures we continue to take as a school to protect the health of our students and limit the spread of H1N1 flu include placing follow-up calls home to students who call in sick, maintaining additional hand washing stations and reminder signs, and remaining in close communication with our feeder districts. Furthermore, members of our crisis response team meet regularly to review our plan should future steps need to be taken. Community High School District 128 continues to work closely with the Lake County Health Department and will follow its directives relating to the H1N1 flu. Those preventative recommendations include:

- **Wash your hands!** Think about all the door knobs, handrails, computers and other public equipment you touch during the day.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you and your children are sick or have a fever over 100 in the morning or the night before, **STAY HOME**. This is very important. Many think they eliminate the problem when they take fever reducer in the morning to fight the fever before coming to school or work. Advil, Tylenol or any fever reducer only mask the symptoms. They reduce the fever, but the infection is still present and you are only spreading the infection by bringing it to work/school.
- Call your physician if you have any questions or concerns regarding symptoms and/or treatment. Seasonal flu symptoms include fever, lethargy, lack of appetite and coughing. Reported H1N1 flu symptoms also include runny nose, sore throat, nausea, vomiting and diarrhea.

Let me assure you that the health and well-being of our students is a top priority at LHS, and we continue to do everything possible to address the situation. Please feel free to contact LHS School Nurse Cam Traut at 847-327-7016 if you have any additional questions. We also recommend that you check the District 128 website (d128.org) for updates, and visit the following links for information and revised recommendations:

Centers of Disease Control: <http://www.cdc.gov/h1n1flu/>

Lake County Health Department: <http://www.lakecountyil.gov/Health/H1N1.htm>

Sincerely,

A handwritten signature in cursive script that reads 'Marina D. Scott'.

Marina D. Scott, Ed. D.

