

October 22, 2009

Dear parent/guardian,

We are seeing students and staff with flu and flu-like symptoms in our buildings. We have had a few confirmed cases of H1N1 flu in our district in the past few weeks. North Polk Schools are working with the Polk County Health Department and Iowa Department of Public Health to help reduce the spread of illnesses, such as H1N1 flu in our school.

**The symptoms of H1N1 flu include fever (oral temperature of 100 degrees F or greater), cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting along with respiratory symptoms. Please consult your health care provider if your child has a combination of these symptoms. Students should stay home when ill. If your child has vomiting, diarrhea, or a fever keep him/her at home for 24 hours after the symptoms are gone. Your child must be fever free for 24 hours, without the aid of fever reducing medicine, before he/she may return to school.**

Further updates about H1N1 flu will be posted on the school district's website:  
<http://www.n-polk.k12.ia.us/>

North Polk School Nurses:  
Marti Birchmier, R.N. – Central Elementary  
Ann Humphrey, R.N. – West Elementary  
Angie McGough, R.N. – MS/High School