

The flu occurs each year in Texas, typically October through May, and it can easily be spread from person to person. Round Rock ISD will continue to take steps to prevent the spread of the flu, including the H1N1 flu. We are working closely with the Center for Disease Control (CDC), Texas Department of State Health Services, and local Health Departments to monitor and control flu conditions. This information is being provided to keep you informed of the way Round Rock ISD is working to slow the spread of flu, and what you can do to help.

Round Rock ISD Procedures

- Campus nurses and clinic personnel will assess and monitor all illnesses, as well as report diagnosed flu and flu-like illness trends to local health departments.
- Round Rock ISD will practice infection control measures. Staff will be encouraged to teach and use proper hand washing techniques and cough etiquette. We will continue to ensure that our schools and buildings are clean and commonly touched surfaces such as door knobs, toilet and sink handles, stair rails, etc. are cleaned often.
- Posters will be provided to campuses regarding proper hand washing and cough etiquette.
- Staff and students who are ill will be sent home. Staff and students are to stay home until they are fever-free for at least 24 hours without the use of fever reducing medication.
- Although the symptoms of the flu are relatively mild, the disease is considered to be highly contagious and can cause serious complications in some patients. According to CDC guidelines, school closure is not recommended for disease control. We will continue to work closely with health departments, should conditions warrant.

Protecting your Family

- Update your emergency and contact information at your child's campus.
- Know the signs and symptoms of the flu and how it spreads. Symptoms include fever over 100 degrees or more, sore throat and cough. Many people have a runny nose, fatigue, body aches and loss of appetite. The virus is transmitted through the coughing or sneezing of people infected with the virus.
- If you are ill, stay home. You will need to stay home for at least 24 hours after fever subsides without the use of fever reducing medications. The same holds true for any family member.
- Consult your health care provider for guidance on getting a seasonal flu vaccine and/or an H1N1 vaccine for members of your family.
- Practice infection control measures at home. Teach all family members to cover their nose and mouth with a tissue when they cough or sneeze. Throw the tissue away after using. If tissues are not available, cough/sneeze into your sleeve or elbow. Wash hands often with soap and water for at least 20 seconds. When personal illness is suspected or confirmed, practice 'social distancing' which means to isolate yourself, placing a minimum of 3 feet between you and those who are not ill. Keep commonly touched surfaces clean by wiping them with a household disinfectant and use according to the product label.

Round Rock ISD will continue to do what it takes to keep our schools healthy, safe, and functioning normally. Our goal is to decrease exposure to the seasonal flu and the H1N1 flu, while limiting the disruption to learning. We will update you with information as we receive it. Please feel free to visit the following websites for additional information:

- www.roundrockisd.org
- www.texasflu.org
- <http://flu.gov>

If you have any questions, please feel free to contact your campus nurse or you can call the school district's Health Services Department at 464-5100.