



CARTERVILLE  
UNIT NO. 5  
SCHOOL DISTRICT  
306 Virginia Avenue  
Carterville, IL 62918

*Mr. Tim Bleyer, Superintendent*  
*Dr. Janice Brown, Assistant Superintendent*  
618-985-4826

April 30, 2009

Dear Parents:

I am writing to tell you about the district's efforts related to the H1N1 (Swine Flu) that has now been identified in the United States. Our faculty and staff are on high alert and have received updates from the school nursing team as well as the administrative staff and are educating students with regard to preventative measures and symptoms of the flu. For example, frequent hand washing is encouraged in all of the district schools and even monitored at the Tri-C School. Hand sanitizers are available in every classroom. Students are reminded to cover nose and mouth with a tissue when coughing or sneezing, and to throw the tissue in the trash after use. If they do not have a tissue, they are instructed to cover the nose and mouth with their sleeve. They are also given directions to stay home if feeling ill, and to avoid close contact with sick people. Our nursing staff is monitoring the situation closely and receiving updates from the public health department as well as other agencies. **To date, we have no identified cases of Swine Flu.** If a case of H1N1 were to be identified in the Carterville District, we will work very closely with the experts at our public health agency to make decisions regarding school closures and informing our parents and community. Please be assured that you will be kept "in the loop" at every step of the way.

**The following are symptoms that we are all watching for, and that may be helpful to you as parents:**

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting


**What Parents Can Do:**

- Encourage prevention techniques of frequent hand washing, appropriate sneezing and coughing, avoiding touching eyes, nose, and mouth, and contact with sick people
- Be on the lookout for the symptoms that are listed above
- Please keep your children home if they become sick with flu-like symptoms
- Notify your school principal of the child's absence and symptoms.
- Contact your health care provider if your children have symptoms consistent with influenza

- Have a back up plan for childcare in case you cannot miss work, because any student with the symptoms indicated above will be sent home immediately, and to be prepared in the unlikely event of school closures.

Thank you for reading about the preventive measures that we are taking, and for working together with us to make sure that Carterville's children are as protected and safe as we can possibly make them. We will be posting H1N1 related information on our website ([www.cartervillelions.com](http://www.cartervillelions.com)) for your information.

Respectfully,

A handwritten signature in black ink on a light-colored rectangular background. The signature is cursive and appears to read "Tim Bleyer".

Tim Bleyer, Superintendent