



Texline Independent School District

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Superintendent Gary Laramore
Principal Jim Allison

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Parents/School Community:

Due to our school closure – Please remember the following!

The district will be making exceptions to the perfect attendance and semester test exemption policies this year, in recognition of the H1N1 situation. Documented flu cases will be considered on a case by case basis by the school Principal, Jim Allison, when applied to existing policy in these areas.

H1N1 Awareness

The H1N1 virus was first detected in people in the U.S. in April 2009 and was initially called “swine flu.” The CDC believes that the H1N1 virus is spread in the same way that seasonal flu spreads. You could catch the flu directly from droplets from the cough or sneeze of an infected person, or by touching an object they recently touched, and then touching your eyes, mouth, or nose. That's why you should make washing your hands a habit, even when you're not ill. Infected people can start spreading flu germs up to a day before symptoms start, and for up to seven days after getting sick, according to the CDC. Children, especially younger children, might potentially be contagious for longer periods.

Students and staff who have flu-like illnesses (fever above 100 degrees or greater, cough, sore throat, headaches, body aches, chills, fatigue, vomiting and diarrhea) must stay home from school for at least 24 hours after they no longer have a fever, and without the use of fever-reducing medicines (do not use aspirin or aspirin products).

If the flu conditions become more severe, CDC recommends that a sick person stay home for 7 days and 24 hours after they no longer have a fever without fever-reducing medicines. TISD school staff will be active in surveillance and reporting to the Public Health Department on all students and staff who have influenza like illness.

Remember, the CDC has reported that H1N1 has been a mild to moderate illness. Practice good health habits and be mindful of getting adequate rest.



Stay Healthy: The Facts:

- **Wash your hands frequently with soap and water (15 to 20 seconds, or sing Happy Birthday twice). Alcohol-based hand sanitizers are also effective.**
- **Practice respiratory etiquette. Flu spreads from person to person in the droplets that are produced by coughs and sneezes, so it is important to cover your mouth and nose with a tissue, or cough or sneeze into your elbow (not your hands).**
- **You should avoid touching your eyes, nose, or mouth.**
- **Do not eat or drink after anyone, and do not share personal items such as toothbrushes, towels, drinking glasses.**
- **Clean surfaces and items that are more likely to have frequent hand contact with cleaning agents that are approved to use in our schools. Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface. However, Public Health Officials tell us that additional disinfection beyond routine cleaning is not recommended.**
- **Talk to your health care provider about getting flu shots when available. This year's recommendation is the seasonal flu shot and the H1N1 flu shot.**
- **Stay home when you are sick with the flu or any other contagious illness.**

For more information, visit www.texasflu.org

Please contact the school if you have any questions. I appreciate your time.

**Gary Laramore
TISD Superintendent of Schools**