

KIRBY SCHOOL DISTRICT 140

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Dear Parents/Guardians:

This letter is to inform you that we have noticed an increase in the number of absences of students with influenza-like illness within the District. Kirby District 140 has been following closely the guidelines for parent notification as set forth by the Centers for Disease Control, the Illinois Department of Public Health, and the Cook County Department of Public Health. Following their guidelines, we have sent out targeted notification letters to individual classes, grades, or teams in the middle schools, when the guideline threshold of influenza-like illness has been met. While the above-mentioned guidelines do not recommend general district notification of illness increase, the Kirby District 140 administration and nursing staff want to keep you aware of the status of influenza-like illness in the District so that you as the parent can monitor your child's health.

If you notice any of the following symptoms, please contact your health care professional and keep your child at home for 24 hours after the resolution of a fever without the use of fever-reducing medication. The symptoms of influenza-like illness are:

- Fever or feverishness of over 100 degrees, AND
- Nasal congestion
- Sore Throat
- Cough
- Diarrhea (in some cases)
- Vomiting (in some cases)

If your child experiences the following emergency warning signs in conjunction with the above-named symptoms, urgent medical attention is warranted (as recommended by the Illinois Department of Public Health.)

- 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

Should your child become sick with flu-like symptoms, please keep your child at home and notify your school. Additionally, please try to limit your child's contact with others as much as possible to limit spread of the disease.

Even if your family has not been infected with any influenza-like illness, please make sure that good hygiene is stressed and practiced.

- Cover nose and mouth with a tissue when you cough or sneeze. Throw the tissue into the trash immediately after use. If a tissue is not available, cover your nose and mouth with a sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water is not available, alcohol-based hand cleaners also are effective.
- Try to avoid contact with people who are ill.

Thank you for doing your part in limiting the spread of any illness in our community.

If you have any questions, please feel free to contact your school principal or the Department of Special Services.

Sincerely,

Jill A. Wojack

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