



PACIFIC

DEPARTMENT OF DEFENSE
DEPENDENTS SCHOOL
C. T. JOY ELEMENTARY SCHOOL
PSC 479
FPO AP 96269-1100

Dear Parent,

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in CT Joy ES. We want to keep the school open to students and functioning in a normal manner during this flu season, **but we need your help.**

We are working closely with CDR. Weedon, CFAC and the Yokosuka Clinic on base to monitor flu conditions and make decisions about the best strategies to keep our school functioning normally. Here are a few things you can do to help:

- **Get your family vaccinated** for the seasonal flu and H1N1 flu when vaccines are available.
- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand sanitizer. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include: Fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing medicine. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Minimize contact.** If possible, provide a private room to anyone not feeling well and designate a single, healthy adult to administer care.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home.*

If your child exhibits flu-like symptoms, contact the school office immediately to report the illness at 762-5466 (from off base: 540-5466, POC: Mr. Yi). We will keep you updated with new information as it becomes available and of any updates to our flu-prevention measures.

Sincerely,

Marie Cullen