

North Ranch Elementary
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Scottsdale, AZ 85254
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Dr. Sarah Hartley, Principal
Dr. Sue Bast, School Nurse

Paradise Valley
Unified School District
"Where individual excellence is our goal"

October, 2009

Dear Parent/Guardian,

We have identified absences at North Ranch due to flu-like symptoms. Typically, flu signs and symptoms include fever, chills, cough, sore throat, headache, body aches and fatigue which will sometimes be accompanied by vomiting and/or diarrhea.

If your student experiences flu-like symptoms, please keep him/her at home until fever free for at least 24 hours (without fever reducing medicines). This will decrease the chances of your student spreading the flu to others in the classroom. Of course, you should contact your healthcare provider if he/she:

- Has a high fever or one that lasts a long time.
- Has trouble breathing or breathes fast.
- Has skin that looks blue.
- Seems confused, will not wake up, does not want to be held, or has seizures.
- Gets better but then worse again.
- Has other conditions (like heart or lung disease, diabetes) that get worse.

For more information on "stopping the spread" of flu or for materials such as how to care for someone at home with the flu, please visit www.wearepublichealth.org.

The best way to avoid "catching" the flu is to be vaccinated against the flu every year. This year, there will be two different flu vaccines – one to protect against "seasonal" flu and one to protect against the new "novel" flu. It is expected that everyone will need two doses of the "novel" flu vaccine this year to be fully protected. The seasonal flu vaccine should be available early September and the "novel" flu vaccine should become available beginning in October.

It is especially important that you consider flu vaccine for your child and yourself if anyone in your household is considered high risk for flu complications including:

- Pregnant women.
- Persons with chronic medical conditions, such as asthma, diabetes, obesity, or heart disease.
- Persons who have a weakened immune system, such as from medications or HIV infection.
- Infants and young children.
- Adults over 65 years of age.

For more information on where to get flu vaccine, contact your healthcare provider or visit www.fluaz.org

Sincerely,

Sue E. Bast, EdD., BSN., AzCSN, School Nurse