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October 8, 2009

Dear Comal ISD Parents,

In April 2009, we began seeing the H1N1 flu virus in our community. Because of the limited knowledge of the severity of this virus, the Texas Department of State Health Services and the Comal County Health Department recommended school closures to help contain the virus from spreading. With new information and research, we know that the H1N1 virus develops into moderate flu symptoms in most people and resembles symptoms seen in our regular seasonal flu; therefore, school closures have not been recommended to prevent its spread this school year.

If your child has a sore throat, a cough, body aches along with a fever, he/she may have the flu. Flu symptoms usually come on fairly quickly, and your child will not feel well. To help prevent the spread of H1N1 or the regular seasonal flu, it is important for you to keep your child home from school if he/she does not feel well and/or has a fever greater than 100.4 without fever reducing medications. (Children should not be given Aspirin products when they are ill as this can cause additional complications).

If you suspect your child has the flu, please contact your family physician's office to inquire about the doctor seeing your child. If your child's flu symptoms are mild and there are not other health conditions such as asthma, diabetes or heart disease, then your physician may not recommend bringing your child in to see them. It is still important to call and find out.

Your child must be seen by a physician immediately if he/she is experiencing any of the following symptoms: shortness of breath, blue skin/ lips/nail beds, unresponsive, crying uncontrollably, not eating or drinking or if they are not responding to fever-reducing medications. Always call your physician or go to your nearest hospital when concerned.

If your child is out of school with the flu or flu-like symptoms, please remember to call your child's school's main number to report it. It is helpful for our district to follow trends in absentee rates this flu season, as well as help our local health department to keep an up-to-date flu status in our district.

It is important that your child is fever-free for 24 hours without the use of fever-reducing medications before returning to school because he/she can continue to be contagious with the flu virus up to 24 hours after a fever resolves. It is important you follow this rule to help prevent the spread of the flu to other students and staff. Along with being fever-free, your child should also be ready to learn and feel well enough to participate in class.

For more information regarding H1N1 flu, over-the-phone medical guidance related to flu-like symptoms, and to find local flu clinics, dial 211 or go to [www.texasflu.org](http://www.texasflu.org) for current flu information. You can also visit [www.comalisd.org](http://www.comalisd.org) and click on the H1N1 link on the home page for updated information regarding Comal ISD.

Comal ISD will continue to follow the recommendations of the CDC and the local and state health departments throughout this flu season. We appreciate your patience and cooperation in making sure our students, staff and families stay healthy this season.

Thank you,

Dr. Marc Walker,  
Superintendent of Schools