

Cullman County Schools

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August 28, 2009

L. HANK ALLEN
SUPERINTENDENT

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Dear Parents/Guardians:

As many of you may have heard there have been several documented cases of Type A flu in Cullman County Schools. This doesn't mean they have been diagnosed with H1N1 (Swine Flu). H1N1 is only one of several Type A flu's. All Type A flu's are treated the same way, whether it is H1N1 or another Type A flu.

No Cullman County Schools are closed at this time. Headstart is not a part of the Cullman County School system. It is operated by the Community Action Agency based in Decatur and only leases space from us. These closings are an independent decision made by the local agency. Each school system in Alabama has the authority to make its own decisions regarding when school closings are necessary, based on guidance from the Alabama Department of Public Health, the State Department of Education and/or the Governor of Alabama. The Alabama Department of Public Health is not recommending school closings at this time.

We are working closely with the Alabama Department of Education and the Cullman County Health Department to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.


Flu can be easily spread from person to person. We are taking steps to reduce the spread of flu in Cullman County Schools. We want to keep the schools open and functioning normally during this flu season, but we need your help to do this. We have established guidelines for being proactive when cases arise.

Here are a few things you can do to help.

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. 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.
- **Parents/guardians should keep sick children at home** for at least 24 hours after they no longer have fever or do not have signs of fever, without the use of fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Parents/guardians should not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home*.
- **Make sure you have a current phone number on file with your school so you can be reached at all times.**

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our schools are doing, visit www.ccboe.org or www.adph.org. We will notify you of any additional changes to our school's strategy to prevent the spread of flu.

Sincerely,



L. Hank Allen
Superintendent